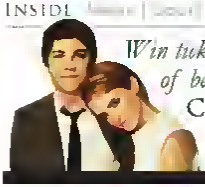
# Chichester Herald

Friday 12th October 2012
YOUR FREE WEEKLY NEWSPAPER



INSIDE | News | Local | Comment | Community Safety | Entertainment | Food & Drink | Theatre | TV | Business | Motors | Property



*Win tickets to The Perks of being a Wallflower*
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# Fears grow over home

## » *End of my world if it closed, says parent*


*Suzanne Read*
REPORTER
NEWS@CHICHESTERHERALD.CO.UK


ANGRY parents have this week hit out at the potential closure of a Chichester respite care home.

Parents of children with disabilities in West Sussex are campaigning to secure the future of 'The Cherries', a respite care home they describe as a "life-saver".

Families fear the home, based in Summersdale, just north of Chichester, is under threat of closure because of a review of services by NHS Sussex.

Emma Taylor, whose 12-year-old daughter Megan goes to The Cherries, said she would not be able to travel 37 miles to attend another centre.

NHS Sussex said it had heard parents' concerns and would work with families.

The health trust is looking to redesign children's community nursing in West Sussex in line with national policies, which raised the criteria for children to qualify for services.

Ms Taylor said Megan, who has cerebral palsy, epilepsy and severe learning difficulties, loved going to The Cherries.

"Megan has been going there for nearly seven years," she said. "It is so close to her school, the hospital and the staff are amazing.

"I don't understand why they would want to change something that works so well.

"The whole unit is a life saver to me."

Jessica Hendley, whose daughter Danielle has autism and also attends The Cherries, has started an online petition to keep it open.


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LOCAL ARTIST HELPS UNVEIL NEW FOUNTAIN IN BISHOP'S PALACE GARDENS Page 12

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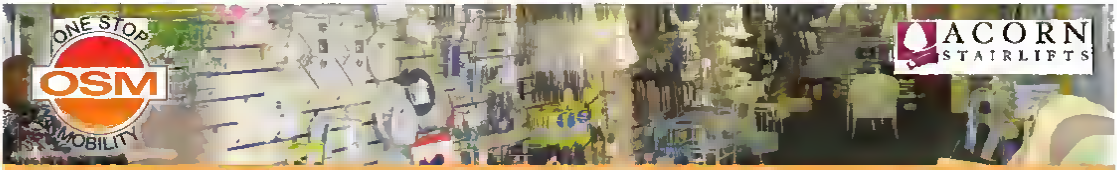


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# Huge success at 'Coffee Mornings'

MUCH success was had at Macmillan Coffee Morning e held on and around Chichester last Friday (5 Oct)

Great Ballard School hosted a Macmillan Coffee Morning with Parents, grandparents, families and friends turning up to enjoy the morning break time with children and teachers. With Mr Mills and Mrs Thomas leading the way with serving teas, the pupils enjoyed selling cakes and meeting the guests. As well as local parents, we were joined for the morning by grandparents some of whom had come over from the West Indies and were delighted to be able to come to the coffee morning and Open Day and have a look around the school.

Children from all ages bought cakes and as the photo shows, the children from pre-prep really did enjoy them!

As well as some delicious cakes that were for sale, there were also two tombolas which were great fun, one with prizes for all the guests to enjoy, and other, which was run by the Guide Dogs for the Blind with prizes particularly for pets including dog toys and treats!

Great Ballard School has always supported charities and believes that it is important for the children to contribute to community and charity events and also to understand what the charity they are contributing for is all about. Therefore, earlier in the week, Mr Morris, a parent at the school who has cancer, came and talked to the pupils with a representative from the Macmillan Support charity. The children all appreciated the importance of the charity and the work that the Macmillan nurses undertake that makes an amazing difference to families and patients with their support.

As well as raising over £500 during the morning,

COFFEE with a difference was on the menu at Trents Chichester Morning in aid of the Macmillan Cancer Trust as the popular venue raised over £600 in two hours.

With eight strapping waiters, dressed in bow ties and little else - Trents Chichester and Core Results training raised hundreds of pounds for Macmillan Cancer Trust. As well as raising a fabulous amount for such a worthy cause, we think they managed to put a smile on every ladies face that joined them throughout the morning. Must have been the Coffee?!

A shot of [illegible] was taken at Trents thanks to their waiters

## Car park entrance closed for one hour during Chichester Half Marathon on Sunday

THE SOUTH-EAST entrance / exit to Northgate car park off Oaklands Way in Chichester will be closed for one hour this Sunday while the Chichester Half Marathon takes place.

The half marathon will be held in the city on Sunday 14 October. The south-east entrance / exit by the side of the tennis courts will be closed to vehicles from 9.10am to make it safer for runners to cross the road into Oaklands Park. The main entrance / exit to the car park from the Northgate roundabout (where the fire station is located) will remain open during this time, allowing vehicles to enter and exit.

The Chichester Half Marathon route includes a mixture of road and cross country terrain. It will start and end at Chichester College and takes in many of the city's historic sites, including the Cathedral and the City Walls. It will then lead up to the South Downs before runners return to the city along the Centurion Way.

It has been organised by Chichester District Council in partnership with local charity Children on the Edge.

For more information on the marathon go to www.chichester.gov.uk/index.cfm?articleid=19931 call the council on 01243 534799.

**continued from page 1**

She said it would be the "end of my world" if it closed.

Andrew Tyrie, MP for Chichester, said: "The Cherries is a fantastic local resource, providing first class respite care for a large number of families.

"Many parents who rely on it are now understandably anxious about its future.

"NHS Sussex needs to give them some answers. I will be speaking to the Chief Executive myself to make sure that the concerns of these parents are heard."

Julie Dutchman-Bailey, chief nurse for NHS Sussex, said about 25 families were affected by the reorganisation.

"NHS Sussex is charged with making the best use of public money," she said.

"We are going to retain the choices of having a residential or respite overnight stay if that's what mums and families want.

"One of our options is that it may be provided somewhere else in West Sussex.

"We hear families' concerns and we want to work with them."

Sussex Community NHS Trust, which runs The Cherries, said it ran two other respite homes in West Sussex - Holly Lodge in Horsham and Finches in Burgess Hill.

A spokesman said the trust had seen a reduction in demand for short breaks because of changes in eligibility and had struggled to recruit the specialist staff needed.

He said opening days and times had been reduced at Holly Lodge and Cherries, leading to less choice and flexibility for families.

He also said children using Holly Lodge in Horsham had recently been transferred to Finches in Burgess Hill as part of a temporary closure to manage the service more effectively.

But the spokesman said the temporary suspension of services at Holly Lodge was helping Sussex Community NHS Trust put services provided at Cherries and Finches on a firmer footing.

Emma Taylor and Megan Cooper are among the families who use The Cherries

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# I'm breaking my duck this Saturday

Tommy Boyd

### THE TROUBLE WITH TORIES

They can I stop plotting against each other Remember John Major resigning as Conservative leader while PM to force a vote to squash the plotters? Churchill when showing a new MP round the Commons said "This is the side of the House where we sit " The young man said "And opposite us sits the enemy!" Churchill smiled and said "No Opposite us sits the Opposition. The enemy sits behind us."

### CHICHESTER HALF MARATHON

Good luck to all Sunday s Half Marathon men and women. The "Half" is a noble sporting concept the dazzling half-century in cricket, the blazing back nine in golf the footballers who should be off by halftime such as Luis Suarez.

### THE DAY OF THE BYCLIODS

Like the John Wyndham novel where vegetables trundle across the country, bipedal creatures on bicycles are taking over our roads pavements fields and parks, earnestly travelling nowhere for no reason

### HOMEBASE

I needed a new torch so to Homebase Love it up there I get mesmerised by the eternal hope of the perfect paint job and luxury bathroom fittings. Not to mention brass drawer knobs "A ladders and one inch mosaic tiles And best of all... tools!

### TOOLS

Like all men I have a box of assorted tools never the one I need it contains obscure items such as a leather hole punch sho a bradawl a hand drill and a G clamp But I can never find an ordinary screwdriver because someone's used it to prise the lid off a tin of paint and instead of putting it back slipped it into a kitchen drawer behind the candles cello tape assorted fuses and the (expired) cooker warranty

### CAR BOOT

I m breaking my duck and doing a Car Boot Sale tomorrow (Saturday). It's at the excellent Central Junior School admission free You know Central School In Orchard Street the road that runs from the top of Northgate roundabout to the roundabout where the Chichester Inn is The gate for sellers opens at 7 00am for buyers at 8 00am Goes on until midday A car pitch is £7 a small van £10 Central are raising money to improve the school grounds for their children I expect among the sellers will be greenhorn parents (such as my lot) rather than just your ingrained veterans so there may be some really good stuff I m offloading various including a leather hole punch and a bradawl and candles If you can show up please say hallo we re a silver Peugeot estate

### JOKE

Well a debatable practical joke actually I got a summer job as a schoolboy in a factory and the big bloke Vic told me to go to stores and get him a Nammerlor I came back and said "The bloke in stores asked me "What's a Nammerlor?" Vic and the floor opened up "What's a Nammerlor? Knocking nails in!"

I say it was a fairly good joke But I didn t like being used as a comic prop and vowed never to do that to anyone else the rest of my life So far so good

Let us know what you think

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## Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@LukeCarvey26
"And Chichester is suppose to be the sunniest place in the UK... Really?! #wettestplacemorelike #rainrainandmorerain"

@huwstephens
"had a lovely time at the Chichester Uni Grad Ball last night and I met Amelia Lilly s dog! thanks @DutchTom – nice bow tie!"

@sophiehenders0n
"completed my mission at the social last night of getting 3 boys numbers written up my arm officially a chichester cheetah cheerleader :)"

@BollyJan
"Never been to Chichester before What a lovely Cathedral Interesting shops too"

@HollieTravers
"chichester town is so nice"

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**Chichester Herald** [illegible] available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

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**Pick-up point areas and businesses delivered to include:**
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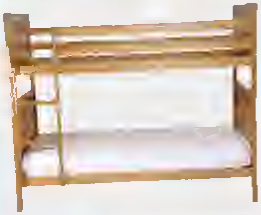

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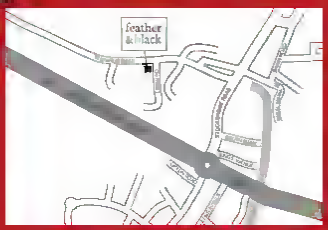


*All clearance products are subject to availability and are sold as seen.

# Let's talk Cosmetic Surgery.

**Jeremy Hurren, Consultant Plastic Surgeon will be hosting a free talk on Thursday 18th October 2012 entitled "Cosmetic surgery of the breast and body". This will be a talk about cosmetic breast surgery (enlargement, reduction and uplift), tummy tucks, liposuction and body contouring.**

**Following this Jeremy will be holding a free mini clinic on Saturday 3rd November 2012**

**TALK**

**Date:** Thursday 18th October 2012

**Time:** 7pm

**Place:** Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

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# Three warrants executed

THREE search warrants were executed at addresses in Bognor this morning (Thursday October 4) in a further bid to crack down on drug offences being committed in the town.

The operation was led by Arun district police and the addresses in central Bognor were targetted following information received about illegal activity.

Inspector Nick Bowman, from Arun's Neighbourhood Policing Team, said: "We responded swiftly to information we received about criminal activity in our area by people who we believe are bringing their business of dealing illegal drugs to this district.

"Our message is clear - if you deal drugs in this area we will catch up with you, we will stop you and we will bring you to justice.

"We obviously need the full support of local residents to help us combat this criminality and we are very grateful to the community - including businesses - for their patience and understanding whilst officers completed their tasks today.

"Although no arrests have been made at this stage, police activity will continue and we're confident that this will have sent out a clear message and disrupted any potential crime."

Anyone with information about people bringing drugs to the area is asked to call police on 101, or contact the independent charity Crimestoppers anonymously on 0800 555 111.

## University Professor's story broadcast on Radio 4

A SHORT story by a University of Chichester Professor has been broadcast on BBC Radio 4 as part of a series of stories exploring significant historical events.

Professor Alison MacLeod, of the University's Department of English and Creative Writing, was commissioned to write for the Radio 4 series 'Where Were You?' - a series of five stories by five writers exploring five events of world significance. Alison explores the first night of last year's summer riots in London, and the reports and rumours behind the chaos of the night.

Other writers in the series explored the assassination of JFK, the meltdown of Chernobyl, the shootings at Columbine, and the splitting of the lithium atom.

In Alison's story, Solo, A Coppella, the teenage narrator tells of his relationship with Valentine, a sixteen-year-old Congolese girl with an angelic voice whom he fears found herself in the eye of the storm in Tottenham on 7th August 2011.

The story, read by Daniel Kaluuya, was broadcast this Sunday 7th October but is available on BBC iPlayer Radio until Sunday 14th October. You can listen to the story here: www.bbc.co.uk/programmes/b01n60m4.

# 'Portuguese Men o' War' spotted in our waters

VENEMOUS sea creatures have been spotted in waters around Chichester as experts warned swimmers to watch out for them both in the water and on the shoreline.

A spokesman for Select Coastguard said: "It's believed that 'Portuguese Men o' War' have been spotted in West Wittering and the Selsey Bill."

A further sighting was also alleged to have happened in Fagham.

Despite its outward appearance, the Man o' War is not a jellyfish but a siphonophore, which differs from jellyfish in that it, is not actually a single creature, but a colonial organism made up of many minute individuals.

Those that come into contact with the creatures are advised to seek urgent medical attention.

# Cyclist seriously injured in A27 collision at Boxgrove

POLICE are appealing for witnesses after a cyclist received serious injuries in a collision on the A27 at Boxgrove.

Shortly before 10.40pm on Saturday (6 Oct) a red Vauxhall Zafira travelling eastbound and a pedal cyclist collided on the A27 Arundel Road near to Meadow Way.

The cyclist, a 35-year-old local man, received a serious head injury and was taken to St Richards Hospital for treatment. The driver of the Vauxhall, a man in his 30s from Worthing, was not injured.

Anyone with information regarding the collision is asked to contact Sussex Police on 101 quoting serial 1759 of 6/10.

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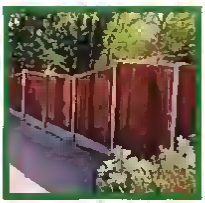

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# Be surprised...about St Wilfrid's Hospice during Hospice Care Week

PEOPLE across the community are invited to find out more about St Wilfrid's Hospice, Chichester during its Open Afternoon tomorrow (Sat, Oct 13).

The event takes place during national Hospice Care Week (October 8-14) which, through its theme 'Be Surprised', aims to increase awareness of the work of hospices, which provide specialist palliative care to people with a range of terminal illnesses.

From 2pm-4.30pm visitors will be able to watch a video about aspects of patient care, take a tour of the Hospice and meet a number of staff including our doctors and ward nurses, our Hospice at Home team, as well as find out about our professional education courses and some of our wonderful volunteers.

You'll also be able to look round our award-winning garden, relax with our complementary therapists and chat to staff in the fundraising and retail departments. There will also be the chance to find out about a pilot project with one of the area's schools, view a history and photographic exhibition about St Wilfrid's and take part in an art workshop and chat to some of our wonderful volunteers.

This is Hospice Care Week's second year and is coordinated by national organisation Help The Hospices. It's a chance to get people talking about hospice care, dispel the myths that often exist and encourage people to support their Hospice.

"The Open Afternoon is our main event during this week and following last year's successful event we will be delighted to welcome anyone who wants to come and meet many members of the Hospice team and find out about the work that we do," says Chief Executive of St Wilfrid's Hospice, Alison Mooney. "You will be guaranteed a warm welcome, an interesting afternoon and we aim to surprise you about the range of work that we do."

# Midhurst electoral division by-election

A DATE has been set for a West Sussex by-election.

Voters in the Midhurst electoral division will go to the polls on Thursday November 15, 2012, to elect a new county councillor.

The by-election has been caused by the resignation of the Conservative councillor Nola Heaton, who joined the County Council in 2005.

Nominations for the vacancy will close at noon on Friday October 19, and a list of candidates will be published on Tuesday October 23, 2012.

# Great Ballard Charity Fun Day

READY STEADY COOK, Wheelchair Hockey, Treasure Hunt and Football Tournament all came together to raise funds for Enable Me and PAWS at the Great Ballard Charity Fun Day.

Even the sunshine came out to support this worthwhile function, which at the end of all the fun filled activities raised over £900 to share between the deserving charities of Enable Me and PAWS.

Everyone was dazzled by Enable Me and their Anna8 plus the rough and tumble of the Wheelchair hockey where adults and children of all ages had a go!

Those who were not adventurous enough to participate in the Welly Wanging and Target Golf settled down to take part in or watch the "Ready, Steady Cook" sessions, which were anything but quiet. Chartwell's Chef, Tim, displayed just how much fun cooking can be whilst creating delicious and healthy dishes. Each team had 15 minutes of fun filled, frenzied cooking and ended up with delicious meals and some new hands on cooking skills.

The Treasure Hunt led many people around parts of the School they wouldn't normally reach and St Wilfred's Hospice Christmas cards sold well. Lots of added fun was had by parents and children competing in the colourful "Teddy Bear" art event. David's delicious diner provided much needed brunch and lunch for the many hungry visitors including those who staggered out of the Step and Aerobics Masterclass held by Mrs Woollven and Mrs Grover.

The day was rounded off by the prize giving for the Charity Football contest held by the Barnham Trojans, a group of under 12's and 13's from local communities. With the prize giving delayed by a closely fought final which went into extra time, the all new "Great Ballard Charity Football Cup" and medals were presented by Managing Director, Sue Jay who remarked that she looked forward to the event next year!

Do also take a look at www.greatballard.co.uk to discover more and to see some of the photos of the day.

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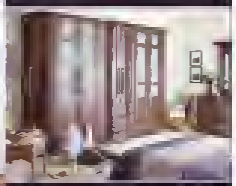

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# Experience of a lifetime

IN THE SUMMER holidays, 30 brave students from Chichester High School travelled to Kenya with their three hardy teachers. The tour was not a sight-seeing excursion but a real community activity. The volunteers all contributed their time, energy and fund raising skills to improve the lot of the staff and pupils at St Trizah orphanage school and The Walk Centre in the shanty towns of Nakuru.

Each pupil travelled with two full suitcases of clothes and stationery to distribute to the Kenyan children, who were utterly overcome by such generosity. They were equally appreciative of the projects that the High School students undertook. With £150, a rusty saw and a broken claw hammer the boys helped build two new classrooms at St Trizah! The timber and corrugated iron construction has reduced class sizes for the seven year olds from the 70 that they sometimes experienced. Thanks should also go, at this point, to Sussex Police and The Hilton Foundation for their generous contributions.

A tour of the slums to which many of the youngsters lived in Nakuru brought most of the students from Chichester to tears as they recognized both the terrible conditions in which their hosts lived and the tremendous courage and joy that the Kenyan children displayed in response to such adversity.

The commitment from the High School pupils was extraordinary. They were exemplary role models and they mixed with, and learned from, their new friends for every available minute of the day. They volunteered to teach, they entered football tournaments, they distributed food, and they haggled for essential food and hygiene items and even cooked a special reward meal for over 200 pupils at The Walk Centre.

Sadly, the work that the Chichester youngsters completed barely scratched the surface of the needs of these wonderful schools in Nakuru. So it is brilliant that CHSB has decided to nominate St Trizah and The Walk as the school charity for the coming academic year. If 30 students can have an impact with just a few hundred pounds then what could a returning group achieve if they were to have £2000 or more? Maybe the orphans of Nakuru might finally have sufficient food or classrooms? Or even electricity or basic plumbing? It would be wonderful to think that dedicated teenagers from Chichester had brought about such life-changing improvements. Particularly since these same youngsters learned so much and built such lasting friendships with their peers in Kenya.

Asante sana...thank you very much.

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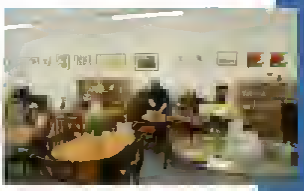
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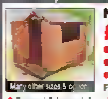

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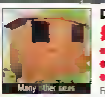

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- Treated
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- Framed & Braced Door • Lock & Key
- Red T&G timber roof & floor • Choice of door position
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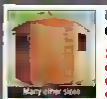

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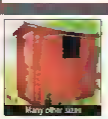

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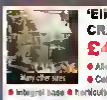

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- 2 roof vents • Full sheet toughened glass add £140
- Full Range of options & accessories
- Free Local Delivery • Erection Service

**Lincoln 7x7**
from **£1045**
- 15mm T&G
- Treated
- 45 x 34mm frame
- Double Doors
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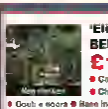

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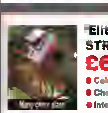

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# Local artist helps unveil new fountain in Bishop's Palace Gardens

A NEW fountain designed and made by a local artist has been unveiled in Bishop's Palace Gardens in Chichester.

Bishop's Palace Gardens date back to 1147-48 and is one of Chichester's hidden treasures. It is Chichester's own secret garden, surrounded by the historic City Walls with amazing views across to the Cathedral. It has a Green Flag Award as well as many other great assets such as rare and champion specimen trees, a fantastic location, and a peaceful ambiance. The garden underwent major redevelopment in the last few years, which included introducing a small pond.

Rosie Hewitt, who lives in Arundel and went to school in Chichester, approached Chichester District Council and the Friends of Bishop's Palace Gardens to see if a fountain was being created for the pond. Working closely with the council and the Friends, Rosie designed 'Pace Eminae', which means flow with peace.

Rosie says: "I am really pleased to have contributed something to the Bishop's Palace Gardens, which is a place I have enjoyed for many years. I love all the work that was done a few years back, the beautiful, contemporary planting and the redesign of the beds and structure to bring the garden to a more cohesive whole and draw the visitor to the new pool that was created.

"The Friends didn't want anything that would be too loud or intrusive as the garden is really a peaceful sanctuary in the middle of the city. It's also a place for everyone - children playing, teenagers meeting, couples sitting together on benches, people alone reading, thinking and resting, or even doing tai chi, people on a lunch break from their work, and tourists from all over who are visiting the cathedral. So, the theme of peace was a natural inspiration for me.

"I began designing with that always in mind, to provide a focal point, but not an intrusion, something which people could use as a point of peaceful contemplation. That is why the structure can be looked through, it provides a clear and elegant geometric shape on approach, but does not obscure the view of the gardens.

"The colours reflect the colours of the cathedral and the materials are significant in that I've used mosaic tiles in reference to the Roman history of the city. All the tiles on the central part of the fountain are hand-made - some from marble and stone from porcelain, glazed and fired to stoneware. They are very small tiles made to be around the same size as those used in many Roman mosaics and like Roman tiles they are all a bit different in shape and size. It took a long time, but it was really interesting to go through the process of making the tiles in a similar way to how the romans would have done all that time ago.

"It's a great thing to have a chance to contribute something to such a good spot, central to the city, next to the cathedral, and in a beautiful public place – a place that I love and where I grew up, and now where my children play. I hope everyone enjoys the fountain! Thanks to all those who helped."

# Upstanding Infection Prevention

AT NUFFIELD HEALTH Chichester Hospital, Infection Prevention is led and managed by the Hospital Director for Infection Prevention and Control who is also Head of Clinical Services (HOCS). Within this role they are responsible for managing infection prevention programmes within the hospital. The HOCS is supported by a trained Infection Prevention Co-ordinator, who is currently reading a Masters Degree in Infection Control. To strengthen the team, all clinical areas have an Infection Prevention Link Practitioner and an Infection Prevention Assistant. This allows the team in all areas to focus on delivering excellent standards in Infection Prevention thus avoiding infections through the continued implementation of the quality improvement programme. The Infection Prevention team can therefore embed evidence based policies into everyday practice, focusing on decontamination, asepsis and hand hygiene. The dedicated Infection Prevention team are excellent role models for all staff, patients, and visitors within the hospital and they take great pride in their work as they do 'make a difference'.

The Infection Prevention Awareness Week is a National event which takes place from the 15-19th October 2012. Nuffield Health Chichester Hospital utilises this week to promote a continued commitment in preventing healthcare associated infections. It gives recognition for adherence and

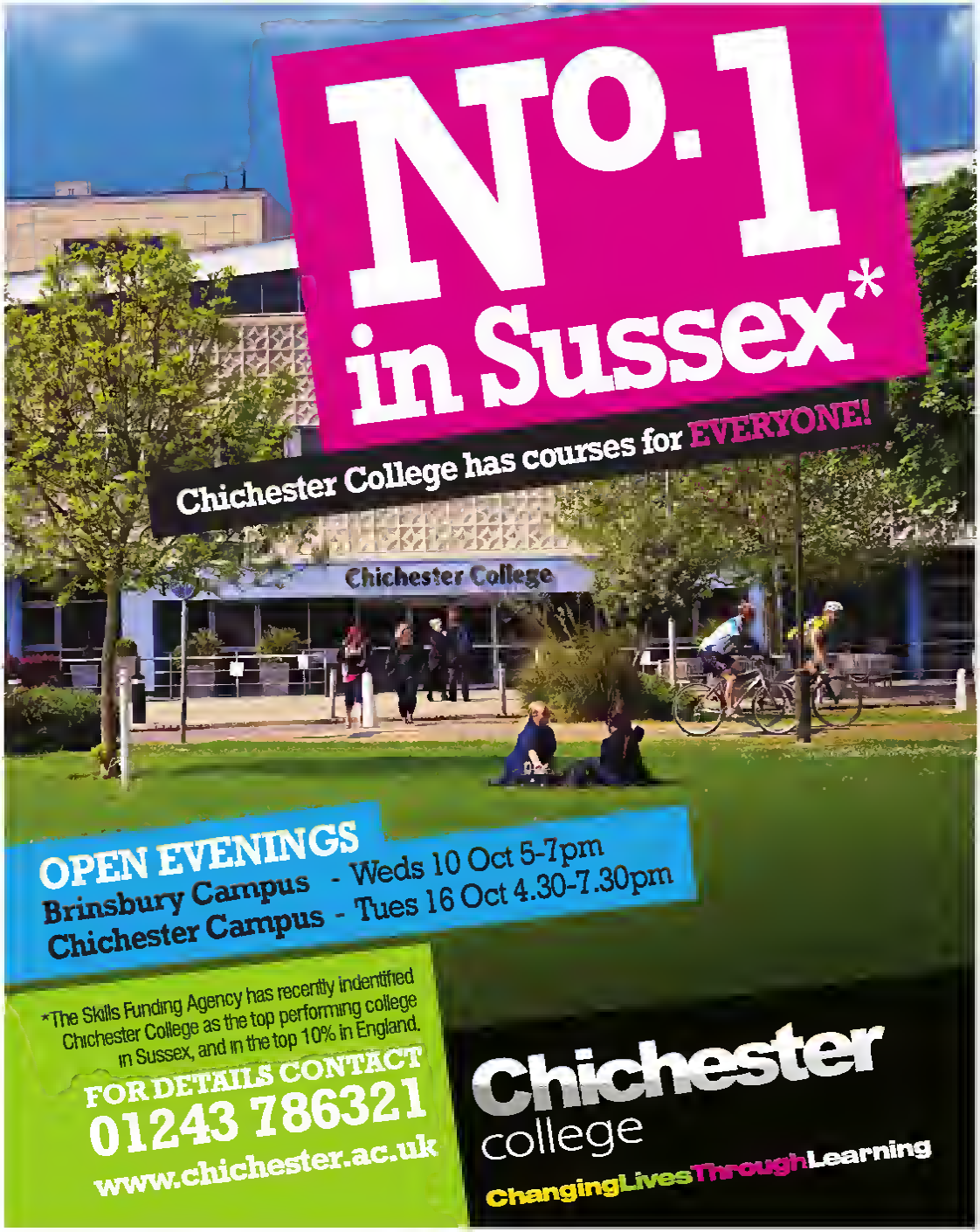
Sharon Reed

compliance to National and Corporate guidance which is demonstrated to the near zero surgical site infection rate at Nuffield Health Chichester Hospital.

It is recognised that Nuffield Health Chichester Hospital has had no episodes of healthcare associated Methicillin-resistant Staphylococcus aureus (MRSA) or Clostridium difficile during the past five years. Our outstanding housekeeping team, led by an enthusiastic team leader, always maintains a clean and safe environment.

**Nuffield Health Chichester Hospital wants to ensure Nuffield Health remains at the forefront of Infection Prevention in the Independent Sector by committing to safe healthcare as it should be.**

**Sharon Reed, Lead Infection Prevention Co-ordinator. For more information please contact Nuffield Health Chichester Hospital on 01243 753031.**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# Live while we're Young

Gracie Cliffe

LAST weekend I went to the BBC Radio 1 Teen Awards and had an absolutely amazing time. For those of you who don't know, the Teen Awards is a chance for us to vote for our favourite British heroes, whether that is in music, sport or acting. I was so excited to go because even though I am 16, it would be my first proper concert. Not only that but it also featured some of my favourite artists. It definitely did not disappoint.

I've never been that interested in concerts, because the thought of any 'mosh pit' scares me to death, and even if it makes me sound old, they are obviously very loud. The Teen Awards were of course no exception. It felt like after every section we just started screaming for the fun of it. And the fact One Direction were in the same room as about 9,000 teenage girls contributed to this. But I have to admit after 5 songs and winning 3 awards, One Direction had nearly made me lose my voice. (Not that I'm complaining, they were incredible!)

Also the atmosphere in the arena was electric. Jumping and waving your hands in a hysterical frenzy and looking out at the rest of the crowd doing the same thing is pretty thrilling, and slightly less embarrassing. By the end of 3 hours of it, I seriously felt like I had gained core muscles I hadn't even known existed!

Although I was able to find one tiny thing to moan about – The clothes some girls decided to wear. So I get that at the prospect of meeting your favourite celebrity, you'd want to dress up or dress down in many girls cases, but do they not realise they are at a concert? Why they thought wearing a mini skirt and boob tube would be sufficient, or even decent, when jumping around in tightly packed space, I don't know.

Aside from that, it was as promised a night I will never forget. Listening to the recorded version of songs is just not the same once you've heard them live. I urge every teen to try and get tickets for next year!

Let us know what you think

@chiherald

# Can you capture the South Downs in a short film?

A FIRST prize of £500 is on offer for the amateur film maker who captures the best story of the South Downs National Park in three minutes or less. The 'My South Downs' short film competition, organised by the National Park Authority, is open to anyone and films can be in documentary, animation, live action or any other genre.

Stephen Sibbald, Interpretation Officer for the South Downs National Park, said: "Whether you've grown up in and around the National Park or you've only just discovered it, we want to see your stories. Your film could feature anything from a day out mountain biking, to a quiet ramble, the story of a place which is particularly special to you or about something happening in your local community. We're excited to see the different ways that people interpret this theme, 'My South Downs.'"

Entries will be judged by representatives from the National Park Authority and professionals from the film and media industries. The winning film will be original, well put together and clearly relate to the National Park.

The first prize winner will receive a cash prize of £500, with second and third places winning £300 and £200 respectively. The winners will also have their films screened at the official launch of the new South Downs Centre in Midhurst, West Sussex in Autumn 2013.

More information and terms and conditions can be found at www.southdowns.gov.uk/shortfilm2012

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This initiative is part of the Sussex Legacy Programme

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Sophie
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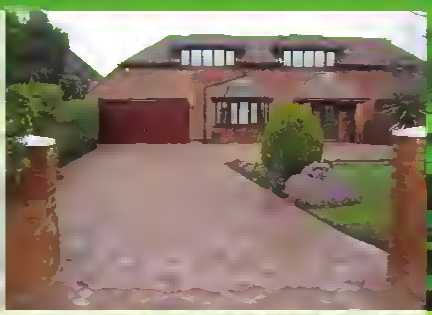

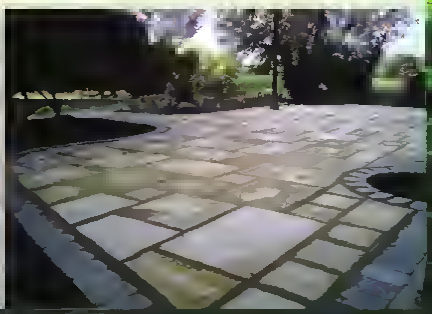

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# The life of an extra

**Elliot Crossley gives ANNA HAYWARD a peek into his life as an extra and what, as he describes, being a "worker monkey" is all about**

WITH A COUNTRY obsessed with celebrity culture, film stars are placed on the highest pedestals. However have you ever wondered what it would like to be an extra? Local actor Elliot Crossley is one such extra who has appeared in films such as Pirates of the Caribbean: On stranger Tides, and Bond's new upcoming film Skyfall. The ambitious actor is signed with one of the UK's leading casting agencies, Mad dog casting.

Elliot developed a love of acting through his national diploma in performing arts at Chichester College. His passion for and talented acting is complimented by his assuming confidence. He frequently takes on the role of pirate Jack Sparrow for events, such as the recent Bognor Birdman which was a huge success thanks to his incredible impressions as the swash buckling pirate. "Out of all the jobs I've had Pirates of the Caribbean sticks out the most. When I heard I had gotten it I was over the moon. We had to be there at times like five or six in the morning and a lot of the time we were waiting for scenes to be reset."

This turns the idea of the film industry on its head. The red carpet events and parties never reveal this gruelling side to acting. It makes me wonder whether the film industry is as glamorous as it looks. "I would't say it was as glamorous or easy as people think it is. I find it fun. When it was raining me and three other guys started a massive sing along in the street. Then there are other times when everyone has just woken up and no one wants to be there.

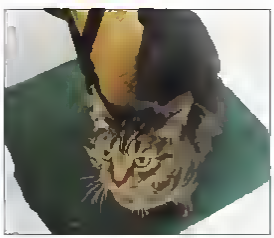
Public facing celebrities is reflected in the star treatment celebrities receive on set. Elliot knows this fact all too well. "They are treated very differently because there are the higher up people and then you're a worker monkey. When you're about to do a job you get a phone call from your agency saying you're working on this film here are the rules. Above all you can't talk to the actors."

I jokingly ask him whether Johnny Depp ever talked to him while on set. Elliot smiles saying "They were filming a scene with Jack sparrow and he looked at me. I was like I can't say his so I was wearing a Victorian hat at the time. I dipped it and he dipped his back saying 'You alright mate.' I thought this is Johnny Depp. I'm never gunna speak to him again. So I said 'While your here it's an honour to be working with you.'"

My last question hinges on Elliot's opinion of celebrity hype. His humbleness is striking. "I think if you have a profile to maintain then it's important but if someone takes themselves too seriously it seems a bit pretentious."

Elliot has also worked on projects involving voice work and is available to hire for his Jack Sparrow acting.

# Christmas Open Day this month



**SOME GOOD NEWS is that after a year at the Cat and Rabbit Rescue Centre, recently featured sisters Mandy and Mandie as well as KM197-11 now have new homes. We are also delighted to hear Dixon has been rehomed.**

THE CHRISTMAS FAYRE and Open Day is on Sunday 21st October from 11am to 3pm at the Cat and Rabbit Rescue Centre in Sidlesham. It is a chance to look for a bargain and get your Christmas presents, wrapping and baubles early so that you have more time to deal with the Christmas rush. There's also the usual pet and home produce as well as many other stalls. The Rescue will be open to allow you to wander around and view the cats, kittens, rabbits and guinea pigs. Free Park & Ride from Sidlesham Football Club (follow signs on £2145 to Sidlesham). Disabled parking ONLY at Centre, Entry £1 for adults/children or donate some cat/rabbit food.

Cats and kittens waiting for a home

- Sweet Roxette is a 2 year old tabby who is used to children and has had vet treatment at the rescue to remedy a skin condition that she arrived with. If she needs any further treatment for this, it can be provided at the rescue free under the Cat and Rabbit Rescue Foster Care scheme.
- Alley and her four friendly, playful 16 week old ginger kittens. Can be homed separately or as pairs.
- Four 5 month old playful kittens, who love to purr and sit on your lap: 1 grey male, 2 black males and a grey, pale ginger and white female. Can be homed separately or as pairs.
- Four black and white 5 month old playful, friendly neutered kittens.

The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply.

Cat and Rabbit Rescue Centre

Free vet insurance for 4 weeks is provided. The Rescue asks for a minimum donation of £45 and if an unneutered kitten £70, which includes vaccination, microchipping, and neutering at The Rescue before 6 months of age. **Visits to Cat and Rabbit Rescue Centre are strictly by appointment, Tel: 01243 641409.**

**Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk**

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# Chichester Business

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# National SkillBuild recognise Chichester College as Nation's Best Performing College

CHICHESTER College is proud to announce that they have been named as the first winners of the 'Best Performing College' award at this year's National SkillBuild final held at Preston Guild Hall.

Chichester beat off strong competition from 154 other colleges to be recognised at the multi-trade competition which features colleges from across the UK. The newly introduced category adds scores from all competing students from each college together, to find the college with the highest average score.

Les Inkpen, the Skills Competitions Manager said: "The idea behind the new award is to encourage colleges to enter only their very best trainees. This underpins one of the key aims of SkillBuild, which is to attract the very best competitors for possible selection to Team UK to compete at WorldSkills events."

The competition allows students to compete against the best trainees in the country across a variety of trade disciplines over three days. Chichester College were represented at the awards, which ran from September 12 - 14, by five students in the following categories:

- Edward Harringman (19 years old) – Cabinet Making (Gold)
- Alistair MacAllan (22 years old) – Cabinet Making (Silver)
- Richard Freshville (29 years old) – Painting & Decorating
- Ben Shotter (19 years old) – Carpentry (4th)
- Steve Fickton (18 years old) – Cabinet Making

Chichester College Principal, Shelagh Legrave said: "This is a wonderful result for both Chichester College and the Construction Department. To be recognised on a national scale as a College is testament to the hard work and dedication the staff and students show to their respective trades.

"I would like to congratulate the five Chichester College students who were competing in their individual categories, and in particular Edward Harringman who won Gold for cabinet making."

John Bredhury, Curriculum Team Manager for Construction at Chichester College, said: "This was a total shock, to think we outperformed all the colleges in England, Scotland, Wales and Northern Ireland is excellent. Our students have

participated in SkillBuild for a number of years, and they always do us proud. To have our students do so well in their regional heat is a reward in itself, but to be recognised as the Best Performing College overall is a great achievement, and something that we can all take pride in."

SkillBuild is run by CITB-ConstructionSkills as part of its commitment to training and excellence and ongoing efforts to bring new blood into the construction industry. This year's final was hosted by Preston College from 12 – 14 September.

The main sponsors for this year's SkillBuild are British Gypsum, Crown Paints Ltd and Stabila.


» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday.

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city.

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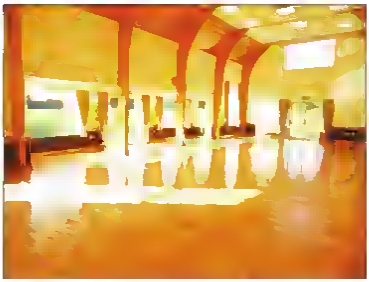
# Chichester Business

## A freebie for the charities...



THE PARISH of Boxgrove, which includes the villages of Halnaker, Crockerhill and Strettington wants to give thanks to various front line or support charities in a practical way. They are offering free one off use of their superb village hall.

Many front line support charities are struggling with funding cuts and yet the demands for their services are on the increase. Although many Boxgrove parishioners support their own favoured charities it was felt that as nothing extra could be donated to other worthwhile charities in general. A Selection Panel will consist of Parishioners to select the nominated charity. The charity may nominate themselves or be nominated by a member of the public. The chosen charity may use the hall in any way they wish, whether it is as a thank you event for staff and volunteers, their AGM or a fund raiser. There are no restrictions for its use subject to a mutually agreed date. A different charity will be chosen each time until BVH has come full circle, if ever.

If you need backroom support to put on your event then BVH will help. This is their way of thanking the charities that help support the community, in whatever capacity.

The hall is a modern classic, state of the art hall with ample free parking and only three miles from Chichester, and is ideal for whatever use the chosen charity wants it for.

If you are a registered front line support charity, no matter the size and wish to be considered in the selection process please send your information to: email manager bvh@gmail.com or write to Boxgrove Village Hall, The Street, Boxgrove, Chichester, PO18 0EE.

## Prison visit inspires psychologists of the future

PSYCHOLOGY students from the University of Chichester have been given a helping hand in their careers as part of new research conducted by one of their lecturers.

Dr Roy Spina is currently exploring the effects that an interactive prison tour would have on students wanting to develop a career in rehabilitating offenders. Previous research has shown that first-hand experiences help to make informed choices, and those who make more effective career decisions tend to experience greater career satisfaction and success.

In a project funded by the Higher Education Academy, Dr Spina took a group of psychology students to HMP Grendon in Buckinghamshire for a day to interact with the prisoners. It is the only prison in Europe to operate wholly as a therapeutic community.

The funding also allowed two students to conduct research on the project and present their findings to the annual conference of the British Psychological Society's Social Psychology section in Scotland.

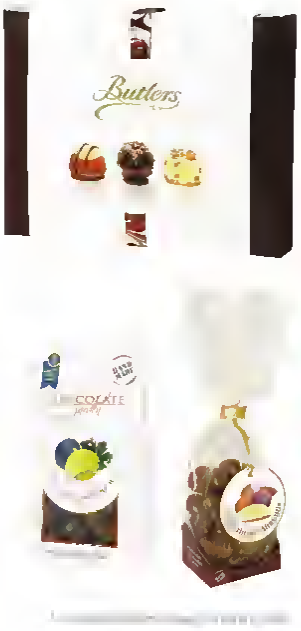
Dr Spina said: "By increasing career success, the criminal justice system stands to benefit from satisfied and committed workers, which would then positively impact on criminals in their rehabilitation process. The ripple effects should then spread to society as whole, via reduced recidivism rates."

Initial results from the Chichester students indicate that those who attended had greater self-efficacy in the career decision-making abilities after the visit, compared with at the start of the term. Furthermore, those who attended the visit experienced a greater increase in self-efficacy after the visit, compared with those who did not attend the visit. However, it will be many years before it is known if this translates into career satisfaction and success.

Lisa Sheppard and Gabriella Acton were the two students selected to work on the project under Dr Spina's supervision throughout the summer 2012. Gabriella said: "Being chosen to attend the conference was a fantastic opportunity. The whole experience was eye opening. The talks were inspiring and interesting to listen to and I gained an insight into the opportunities and pathways available if I pursue Psychology."

Lisa said: "The experience of attending the conference has profoundly broadened my understanding of psychology. Meeting psychologists from all over the world, listening to their studies and discussions, being able to take some of the information back to lectures that we have done over the past two years has given me a much needed motivational boost."

## Chocolate heaven at Bazaar




THE BAZAAR is delighted to introduce two new ranges of fine chocolate to the discerning chocoholics of Chichester.

Butlers – their tag line 'purveyors of happiness' just about says it all. An Irish chocolatier based in Dublin, Butlers have been making delicious chocolate since 1932. We are very excited to be stocking a range from 100g bars (for that all important self 'purchase') up to boxes for the perfect gift for the chocolate connoisseur.

"Chocolate Garden" – our second new range – is a mouth-watering handmade collection of fruit or nuts encased in chocolate. In the fruit selection we have strawberries, cherries and the award-winning "gooseberries in chocolate". In the nutty department how about trying gingerbread almonds, cashews and chilli in chocolate or coconut almonds?

Are your taste buds tingling yet? If so, pop along to The Bazaar and treat yourself to some unique chocolate (but please be quick before the staff eats it all!).

Prices range from £1.89 for a 100g bar up to £7.99 for a 180g box.

The Bazaar, 1 Eastgate Square, Chichester, 01243 789037.

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# The Perks of Being a Wallflower (12A)

FOUR out of Five stars

**Running time: 103 mins**
**Director: Stephen Chbosky**
**Starring: Logan Lerman, Emma Watson, Ezra Miller, Paul Rudd, Kate Walsh**

**Enjoyable and emotionally engaging coming-of-age teen drama with a superb soundtrack, a sensitive, sharply written script and a trio of terrific performances from Lerman, Miller and Watson.**

**What's it all about?**
Written and directed by Stephen Chbosky (adapting his own novel), The Perks of Being A Wallflower is set in the early 90s (judging by the fact that no-one has a mobile phone and everybody makes each other mix-tapes) and stars Logan Lerman as Charlie, a lonely teenager who begins his first day of high school after a lengthy stay in hospital. On his first day, Charlie sparks a connection with his friendly English teacher (Paul Rudd) and subsequently makes friends with outrageous senior Patrick (Ezra Miller) and Patrick's sexy, music-savvy stepsister Sam (Emma Watson).

Inducted into Patrick and Sam's group of friends, Charlie feels like he's found his place in high school, though he constantly worries about getting bad again. At the same time, he enters into his first ever relationship with Buddhist punk friend Mary Elizabeth (Mae Whitman), though he's secretly in love with Sam.

**The Good**
Logan Lerman is terrific as Charlie, delivering a thoughtful, heartfelt performance that is extremely engaging. Similarly, Miller is charming and funny as Patrick, nabbing all the best lines and sparking strong chemistry with both his co-stars, while Watson does wonders with what could have been a highly irritating Manic Pixie Dream Girl part and nails the American accent in the process; there's also strong support from Mae Whitman, while Rudd, Dylan McDermott and Melanie Lynskey each make small but significant contributions to adult roles.

Chbosky's script is excellent, creating believable high school characters and indulging in nostalgia-fuelled coming-of-age stuff on the one hand (more mix tapes are handed out in this movie than in John Hughes' entire oeuvre) while also taking a sensitive approach to a number of serious issues that aren't often explored in this kind of film.

**The Great**
In addition, Chbosky orchestrates a number of superb scenes, whether it's Charlie committing a hideous faux pas during Truth or Dare or a cleverly constructed fight scene. In fact, the only problem with the film is the occasional credulity-stretching lapse, such as the fact that these Smiths-loving, supercool, mixtape-mental teens have apparently never heard of David Bowie.

**Worth seeing?**
The Perks of Being A Wallflower is a hugely enjoyable, well made and sharply written teen movie with terrific performances from Logan Lerman, Ezra Miller and Emma Watson. Highly recommended.


## Rotary Club of Chichester Priory

Charity Sponsored
**Dog Walk & Fun Show**
in aid of
BBC Children in Need

- Date: Sunday 21st October 2012
- Venue: Start and finish Lavant Village Green
- Times: - Walk 10.00am - Show 12.30pm
- Routes: Short (2.2m) and Longer (4m) routes
- Entry Fee: £5.00 per dog for walk
- Plus £1 for each Dog Show category entered
- Plus sponsorship (forms available)
- Information: 01243 527739 rotary.pudsey@gmail.com

Come join me

**Fun Dog Show categories—**
1 Most handsome dog
2 Prettiest bitch
3 Dog most like owner
4 Waggiest tail
5 Dog the judge would most like to take home

Biscuits and Bites from Pets at Home

Rosettes by Louise at Dirty Dogs

Some of our 2011 entries

This is a fun additional event giving both you and your dog some healthy exercise and an opportunity to show off whilst raising money for BBC Children In Need appeal on 16th November this year. Come and see Pudsey Bear. Enter your dog into our fun parade. £5.00 per dog entry plus as you can get family and friends to sponsor your dog. Request sponsorship form from us. Start at Lavant Village Green near Chichester. Circular routes of 2.2mile or 4mile distance with Paisley markers and all course, quiz questions and you will even receive some hot soup and crusty bread or tea/coffee on your return for the two legged walkers and water and dog cake, goody bags and rosettes for the dogs on their return. Sponsorship by local vet(s), pet shops, Observer etc. Open to all dog walkers and wannabee dog owners by sharing dog handling.

*Dogs are to be kept on a lead and all owners are responsible for their dogs and any walkers personal injuries sustained during the walk.*

# THE PERKS OF BEING A WALLFLOWER COMPETITION

## WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

*Q. EMMA WATSON SHOT TO FAME IN WHICH FILM?*

*A) MY GIRL*
*B) BEACHES*
*C) HARRY POTTER*

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 16th October at midday. The winner will be notified later on that day.

- Last weeks winner is Pam Owen from Waterlooville

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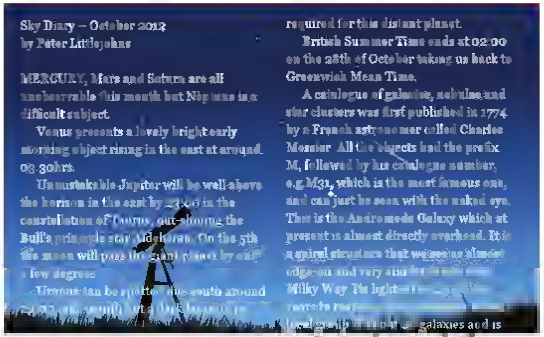
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000



Sky Diary – October 2012
by Peter Littlejohns

MERCURY, Mars and Saturn are all unobservable this month but Neptune is a difficult subject.

Venus presents a lovely bright early morning object rising in the east at around 03.30hrs.

Unmistakable Jupiter will be well above the horizon in the east by 23.00 in the constellation of Taurus, out-shining the Bull's principle star, Aldebaran. On the 5th the moon will pass 0.7° (just under a few degrees

Uranus can be found to the south around 2.30am, on the border of

required for this distant planet.

British Summer Time ends at 02.00 on the 28th of October taking us back to Greenwich Mean Time.

A catalogue of galaxies, nebulas and star clusters was first published in 1774 by a French astronomer called Charles Messier. All the objects had the prefix M, followed by his catalogue number, e.g. M31, which is the most famous one, and can just be seen with the naked eye. This is the Andromeda Galaxy which at present is almost directly overhead. It is a spiral structure that we see almost edge-on and very similar to our own Milky Way. Its light is [illegible] travels to [illegible] galaxies and is speeding towards us at nearly 70km per second and will probably merge in around 5 billion years time. Let your eyes get dark adjusted for at least 10 minutes before looking through binoculars at this one.

There are two meteor showers this month, the first being on the 13th from Pisces (fairly high south east) with 5 to 10 an hour and the better one on the 21st/22nd night. This shower is from Orion (low east) and should produce around 30 shooting stars an hour at its peak, some of which will be very fast and leave trails. This shower is associated with Halley's Comet.

## Planetarium Shows and Dates October 2012

Fri 12 7.30pm The Magic of Jupiter and its Moons
Sun 14 3.30pm The Northern Lights
Fri 19 7.30pm The Northern Lights
Sun 21 3.30pm Autumn Stars, Moon & Planets
Fri 26 7.30pm Autumn Stars Moon & Planets
Sun 28 1.30pm All Aboard – A Tour of the Planets
Sun 28 3.30pm All Aboard – A Tour of the Planets

Tickets Adults £6.00, Children £4.00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07810 297292 to reserve your tickets. Payment by cash or cheque only, on the day. A map showing our location can be found at: www.southdowns.org.uk

# This year's big bang in Selsey

THIS YEAR'S Selsey Fireworks will be truly magical with a theme of 'Magic, Myths and Legends'. The fireworks by Selstar of Selsey will be synchronised to famous film and television music.

The event takes place on Saturday October 13th at the Bunn Leisure White Horse Playing Field at Warner Lane, Selsey. Features this year include an amazing display of colourful fireworks which can only be really appreciated if on site because of the fabulous sound system that is perfectly synchronised to the display.

The gates open at 5.30pm with discounted rides for the first hour. Live music from 6.30pm, Bonfire 7.45pm and Fireworks start between 8-8.30pm. The Fun Fair will run to approximately 11pm.

The cost of the tickets on the gate will be £4.00 per accompanied child under 16 and £5.00 per adult.

Discounted tickets can be obtained in advance £3.50 child and £4.50 adult as can a family ticket at £15.00. These tickets are available from, In Selsey: The Selsey off Licence, Retro Treats, The Selsey Florist, The Rock Shop, Pop In 's, East Beach Florist and Bunn Leisure reception. In Hunston at Kirkland's Newsagents, East Wittering at Candles and Chichester at Goodnews Newsagents in St Martin's and the Tourist Information Centre at the Novium Museum.

This popular family event will be in its 33rd year during which thousands and thousands of pounds have been raised for local charities and good causes.

Further details of Selsey Fireworks 2012 can be found on the website www.selseyfireworks.com or tuning to Wave no 105.4fm.

## CHICHESTER cinema at NEW PARK

01243 786 650
*'your cinema on the park'*

**Fri 12 Oct:** 13.15 Barbara (15) 105m, 15.45 Untouchable (12A) 115m, 18.15 Hysteria (15) 100m, 20.45 Untouchable
**Sat 13 Oct:** 13.15 Untouchable, 15.45 Barbara, 18.15 Untouchable, 20.45 Hysteria
**Sun 14 Oct:** 13.15 Hitchcock, The Thirty Nine Steps (U) 93m, 15.30 Untouchable, 18.00 Hysteria, 20.15 Barbara
**Mon 15 Oct:** 12.15 Untouchable, 14.30 Hysteria, 16.45 Untouchable
**Tue 16 Oct:** 13.15 Untouchable, 15.45 Barbara, 18.15 Hysteria, 20.30 Untouchable
**Wed 17 Oct:** 13.15 Hysteria, 15.30 Untouchable, 18.15 Untouchable, 20.45 Hysteria
**Thu 18 Oct:** 13.15 Untouchable, 15.45 Hysteria, 18.15 Barbara, 20.30 Untouchable

# WIN TICKETS TO WHALEFEST 2012!

THE LARGEST celebration of wild whales and dolphins in the world. WhaleFest 2012 is set to be bigger and better than ever before and is happening in Brighton on 27-28 October.

We've got five family passes to be won.

The tickets provide a family with up to three children (under 16 years of age) with full weekend access to WhaleFest.

## TO BE IN WITH A CHANCE OF WINNING THIS FANTASTIC PRIZE, SIMPLY ANSWER THE FOLLOWING QUESTION:

## Q. KEIKO THE KILLER WHALE STARRED IN WHICH HOLLYWOOD BLOCKBUSTER MOVIE?

## A) FREE WILLY
## B) FREE BILLY
## C) FREE JILLY

Email your answer to competition@chichesterherald.co.uk with a subject heading 'Whalefest'. Please include an email address, your home address and a contact number.
Entries close 5pm on Wednesday 17 October 2012. Winners will be notified on Thursday 18 October and printed in Friday 19 October's newspaper.
The passes provide a family with up to three children (under 16 years of age) with full weekend access to WhaleFest. No cash alternative available.
WhaleFest 2012 is being held at The Hilton Brighton Metropole hotel and will be open from 9.30am until 5.30pm on 27-28 October. To find out more visit http://www.whale-fest.com

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# SATURDAY'S TV 13.10.12

## CHOICE

Paddy McGuinness

**Take Me Out**
**ITV1, 7.05pm**

Paddy McGuinness must have the best job in telly – he spends his time surrounded by beautiful women. However, there's just one downside to his job – all the ladies are off limits and reserved for the men he has lined up for them. Oh and the fact that he's married probably wouldn't take him very far either. Mr McGuinness returns tonight with yet more ever-hopeful men aiming to win the heart of one of the 30 women and whisk them off on a date. Thrown into the mix this week are a pair of Cambridge twins hoping to nab a double date, a yoga instructor and a farmer

## BBC1

**1 30** Breakfast. **10** Ill Saturday Kitchen Live. **11 20** Nigellissima. (R) **12 10** BBC News Regional News. Weather **12 15** Football Focus. **1 00** Formula 1: Korean Grand Prix Qualifying Replay. **2 30** Bargain Hunt. **3 25** I Semple to the Country. (R) **4 10** Walk on the Wild Side – Best of Show. **4.45** A Question of Sport. **5 10** BBC News Regional News Weather. **5.30** All New Total Wipeout. Champion of Champions

**6 30 Strictly Come Dancing.** The battle to win the Glitterball trophy really begins as the pro-celebrity couples step onto the dancefloor for the second time, knowing one pair will be going home tomorrow. The results show can be seen tomorrow

**8.25 Merlin.** Part two of two. Merlin and Arthur muse in an thinly lightness of ignorance, unaware of jam powerful secrets Morgana and the Great Question are searching for among its catastrophes.

**9.10 Casualty.** Zoe makes a big mistake when treating a teenage girl, rushed in following a car accident. Big Mac returns after his heart attack, deep in protests from Noel and Louise

**10.00 The National Lottery Saturday Night Draws**

**10 10 BBC News.** Weather

**10 30 Good Cop.** Sky targets a gang of smugglers. Last in the series. National Lottery Update

**11.00 The Football League Show** Highlights of today's matches in League One and League Two

**12 00 Film.** Highlander: Endgame (2000) **1.40** Weatherview **1 45** BBC News

## BBC2

**6.00** Cbeebies **7.00** CBBC. **12.10** The Sky at Night. (R) **12.35** Animal Park. (R) **1.30 Film:** Sydney White. (2007) **3.10 Film:** Bicentennial Man (1999) **5.10** Coast. (R) **6.45** Wartime Farm. (R)

**6.45 Flog It!** Paul Martin visits Cardiff Castle, where he admires the medieval interior features, while James Lewis and Phillip Serrell join in the search for bargains to be sold at auction. (R)

**7.15 Servants: The True Story of Life Below Stairs.** Pamela Cox explores how the idea of a "servant class" in Britain came to an end in the 20th century as the two world wars transformed women's lives. Last in the series. (R)

**8.15 Dad's Army.** Mainwaring camps it up in the mistaken belief that the arrival of a hung range forcing Corporal Jones to make a desperate effort to raise the alarm. Starring Arthur Lowe and Clive Dunn. (R)

**8.45 QI XL.** Sandi Toksvig, Bill Bailey, Susan Calman and Alan Davies join Stephen Fry answering questions on places that start with J

**9 30 The Thick of It.** The unravelling of the key worker housing policy for Nicola Murray and Peter Mannion puts the offensive

**10 00 Film: Bedard Park.** (2001) A shouting party at a country estate ends an murder all make was accused eye of the servants. Robert Altman's period drama with Maggie Smith, Kelly Macdonald and Helen Mirren

**12.15** How the Brits Rocked America: Go West. **1.10 Film:** The Final Countdown (1980) **2 50** Close **5 30** Live Matinee

## ITV1

**6.00** CITV: CITV **9.25** ITV News. **9.30** The Jeremy Kyle Show USA. **11.25** The Jeremy Kyle Show USA. **11.20** Dinner Date. Australia. **12.20** ITV News. Weather. **12.30** All Star Family Fortunes. (R) **1.15 Film:** Jurassic Park III (2001) **3.00 Film:** Star Wars: Episode II – Attack of the Clones. (2002) **5.25** Regional Programme. Weather **5.50** ITV News. Weather

**6.05 New You've Been Framed!** Comedian Harry Hill narrates a fresh selection of comical clips filmed by viewers on their camcorders, mobile phones and webcams

**6.35 Food Britannia.** Hidden-camera show in which Dom Joly unleashes a host of pranks and oddball characters on unsuspecting members of the public across Britain

**7.05 Take Me Out.** A pair of Cambridge twins hoping to win a double date are among the eligible bachelors trying to impress 30 single women hosted by Paddy McGuinness

**9.20 The X Factor.** The remaining contestants take to the stage in the second live studio round competing to gain positive comments from the judges and win viewers' votes

**10.35 The Jonathan Ross Show** With David Williams and Ed Sheeran

**11.35 ITV News.** Weather

**11.50 I Am Sam.** (2007) Premiere. Thriller, starring Shania Evans

**1.25** The Store. ITV News Headlines. **3.15** Ladette to Lady: Australia. (R) **4.00** ITV Nightscreen **5.30** ITV Morning News

## CHANNEL 4

**6.15** FA GT1 Championship. **7.05** British GT. **7.35 Film:** Superbike World Championship 2012. (R) **8.30** The Morning Line. **9.00** T4 Real Sides. Nicki Minaj. **10.00** T4 The Crush. **10.35** T4. Revenge. **11.35** T4 Subscription. **12.35** T4. The Big Bang Theory. (R) **12.40** T4 The Big Bang Theory. (R) **1.10** T4 The Simpsons. (R) **1.45** Channel 4 Racing. **3.55** Come Dine with Me: Ireland. **4.25** Come Dine with Me: Ireland. **4.55** Come Dine with Me: Ireland. **5.25** Come Dine with Me: Ireland. **5.55** Come Dine with Me: Ireland

**6.25 Channel 4 News.**

**6 50 Kathoughi v Alverne.** Christian talks about becoming an atheist

**7.50 Comedy Wadd Cup.** Alan Carr, Sir Lancaster and Clive Anderson take on Johnny Vegas, Josh Widdicombe and Mack Miller in the first semi-final. David Tennant asks the questions

**9 00 The Million Pound Drop Live.** Two stars of London 2012 – Tunnelvision Swan-eventing's five medallist Zara Phillips and boxing champion Anthony Joshua – try to win as much money as possible for charity

**9 30 Hunt, Knowing.** (2009) An astrophysics student sees a page of numbers revealing the dates of a series of disasters and tries to prevent them happening. Mystery thriller starring Nicolas Cage and Rose Byrne

**11 05 Film: Mona Lisa Smile.** (2003) Drama starring Julia Roberts, Kirsten Dunst, Julia Stiles and Maggie Gyllenhaal

**2 00** Hollyoaks. **4.15** Countdown. (R) **5.00** Baking Mad with Inc Lanland. (R) **5.25** Make Do & Mend. (R) **5.50** The Hacks. (R)

## CHANNEL 5

**6.00** Milkshake! **10.00** Power Rangers Samurai. **10.35** Batman The Brave and the Bold. **11.10 Film:** Battle of Britain (1965) Second World War drama, starring Laurence Olivier. **1.45 Film:** The Battle of the Vl. (1968) Second World War adventure with Medical Jones. **3.35 Film:** Ash (1965) Second World War drama, starring Robert Mitchum

**8.10 5 News Weekend.**

**8.15 Film: Charlie's Angels.** (2000) Three private investigators are hired to rescue a computer genius and recover the damning latest creation. Action adventure starring Drew Barrymore, Lucy Liu and Cameron Diaz.

**9.10 NCIS.** A petty officer is killed in what at first seems to be a road-rage incident – until the team discovers he belonged to an undercover fight club. Crime drama starring Mark Harmon. (R)

**9.00 CSI: Miami.** Horatio and the team investigate the death of a skydiver who was also a sperm donor. But the case becomes complicated when a DNA sample leaves them with more than 100 suspects

**11 00 Live International Boxing** James DeGale v Hadi Ian Mubeumuah. Mark Longstaff presents coverage of the European Super Middleweight title bout, held at Glow in Bowmaker Kent.

**12 05** SuperCasino: Live interactive gaming. **4.00** Nurse Doctor. (R)

**9 25** Divine Designs. (R) **4 50** Rough Gradnite Eco Escapes. (R) **5 05** Hanas Helpline. (R) **5 10** The Milkshake Show. (R) **5 35** Thomas & Friends. (R) **5.45** Keary the Racing Car. (R)

## DIGITAL

**BBC Three**

**1.00** Pop's Greatest Dance Crazes **8 00** Top Gear **9 00** Live at the Apollo **9.45** Russell Howard's Good News Extra **10.30 Film:** Meet the Fockers (2004)

**BBC Four**

**7 00** Hinman Planet **8 00** Horizon. What Happened Before the Big Bang? **9 00** Inspector Montalbano **10.50** The Story of Light Entertainment

**ITV2**

**3 10** The X Factor USA **6 00 Film:** Peter Pan (2003) **8 15 Film:** Back to the Future Part II (1989) **10.25** The Xtra Factor **11 35** Take Me Out: The Gossip

**ITV3**

**3.45** Agatha Christie's Poirot **5 55** Minder. She Wrote **6 50** Doyle's War **8 00** Midsomer Murders **11 00** Crime Connections

**ITV4**

**2 30 Film:** Nevada Smith (1966) **5.10 Film:** The Cimarron Kid (1952) **1 00** The Sweeney **8 00** River Monsters **9 00 Film:** The Jerk (1979) **11 10 Film:** Blazing Saddles (1974)

**E4**

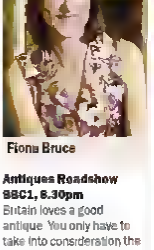
**3 00** Revenge **6 00** How I Met Your Mother **5.40** The Big Bang Theory **6 00** Baggage **7 00** The Big Bang Theory **1 30** Rules of Engagement **6 30** Suffringstory **9 00** David Blaine: What Is Magic? **10 00 Film:** Friday the 13th (2009)

**Film4**

**1 00** Titanic (1997) **4 50** Free Children and (2004) **6 45** Percy Jackson & the Lightning Thief (2010) **8 30** Dogma (1999) A lapsed Catholic must step love fallen angels returning to Heaven or will mean the end of the world. Comedy fantasy with Matt Damon, Ben Affleck and Linda Fiorentino **11 25** Saw IV (2007)

# SUNDAY'S TV 14.10.12

## CHOICE



Fiona Bruce

**Antiques Roadshow**
**BBC1, 6.30pm**

Britain loves a good antique. You only have to take into consideration the longevity and popularity of this BBC stalwart show, itself something of a much-treasured oldie, to see that that much is true. This week, Fiona and the team wind up in Cheltenham Town Hall where they meet more hopefuls looking to learn the worth of their collectibles. As always, we get a glimpse of the weird and the wonderful, including a curious table from the famous local racecourse, and possibly the most important single historic document ever seen on the show

## BBC1

**8.00** Live Formula 1: Korean Grand Prix. **1 15** Thin Andrew Marr Show. **10.15** Sunday Morning Live. **11 15** Sunday Politics. Weather. Thin Week Ahead. **12.35** Bargain Hunt. **1 35** Helicopter Heroes. (R) **2 25** Formula 1: Korean Grand Prix. **4 00** Escape to the Country. (R) **5 00** Points of View **5 20** Songs of Praise. **5 55** Nigel Slater's Dish of the Day. (R)

**6.25 BBC News:** Regional News; Weather

**6 50 Strictly Come Dancing: The Results.** The first couple are eliminated and Saturday Sisters perform

**7.30 Countryfile.** Matt Baker and Julia Bradbury investigate wildlife thin making in Hampshire, including Eric Ashby's pioneering work in recording the activities of badgers, foxes and deer. Including Weather for the Week Ahead

**8 00 Antiques Roadshow.** Items in and Sonnighi-ncinde a matchstick model of Sudeiman Palace

**9 30 Andrew Marr's History of the World.** The Muslin Ages exploring how the Vikings laid the foundations of powerful new trading states, while Muslim scholars built upon thin knowledge of ancient civilisations

**10 30 BBC News:** Regional News, Weather

**10.55 Film: Good Will Hunting** (1997) Drama, starring Matt Damon, Robin Williams and Minnin Driver

**12.55** Weatherview **1.00** Sign Zone. Cash-in-pin (R) **1.30** Andrew Marr's History of thin World. (R) **2 20** Holby City. (R) **2 60** The Paradise. (R) **9 30** BBC News.

## BBC2

**7 00** CBBC. **10.00** Saturday Kitchen Best Bites. **11 30** The Great British Bake Off. (R) **12 30** MotoGP (R) **2 00 Film:** Nicholas and Alexandra (1971) **5 00** Flog It! (R)

**6 00 Indian Ocean with Simon Reeve.** Thin adventurer travels around the coast of the Indian Ocean setting out in South Africa – where hin dives with sharks – and moving on to Mozambique and Zanzibar (R)

**7 00 Fawlty Towers.** In the first episode of the comedy, Basil tries to navigate his clientele (R)

**7 30 Top Gear.** Jeremy Clarkson, Richard Hammond and James May test the KTM X-Bow, thin Morgan Three Wheeler and thin Caterham R500 at Dan nglen park racing circuit. With Star bassist Alex James. (R)

**8 30 Built in Britain.** Part two of two. Evan Davis visits engineering success stories like the Dyson Park and Britain's first high-speed train link to see what it takes to deliver great infrastructure

**9.30 Dragons' Den.** Ideas include dogg-y ice-cream and a new nutrition company

**10 30 Mock the Week.** With Kathnann Ryan, Milton Jones and Josh Widdicombe. Last in thnse es. (R)

**11.00 Never Mind the Buzzcocks.** With Jack Whitehall, Mena Snvan and Danny Jones. (R)

**11 30 Film: Bowl.** (2010) Premiere. Fact-based drama, starring James Franco.

**12 50 Film:** Thn Drd Angry Shot. (1979) Vietnam War drama starring John Hargreaves. **2.20** BBC News. **4.30** Close

## ITV1

**6.00** CITV: CITV **9.25** ITV News. **9.30** Thin Jeremy Kyle Show USA. **11.25** Thin Jeremy Kyle Show USA. **11.20** Dinner Date. Australia. **12.20** ITV News. Weather. **12.30** All Star Family Fortunes. (R) **1.15 Film:** Jurassic Park III (2001) **3.00 Film:** Star Wars: Episode II – Attack of the Clones. (2002) **5.25** Regional Programme. Weather **5.50** ITV News. Weather

**6.05 New You've Been Framed!** Comedian Harry Hill narrates a fresh selection of comical clips filmed by viewers on their camcorders, mobile phones and webcams

**6.35 Food Britannia.** Hidden-camera show in which Dom Joly unleashes a host of pranks and oddball characters on unsuspecting members of the public across Britain

**7.05 Take Me Out.** A pair of Cambridge twins hoping to win a double date are among the eligible bachelors trying to impress 30 single women hosted by Paddy McGuinness

**9 20 The X Factor.** The remaining contestants take to the stage in the second live studio round competing to gain positive comments from the judges and win viewers' votes

**10 35 The Jonathan Ross Show** With David Williams and Ed Sheeran

**11 35 ITV News.** Weather

**11.50 I Am Sam.** (2007) Premiere. Thriller, starring Shania Evans

**1.25** The Store. ITV News Headlines. **3.15** Ladette to Lady: Australia. (R) **4.00** ITV Nightscreen **5.30** ITV Morning News

## CHANNEL 4

**8.15** Thin Hoobs. (R) **9 40** International Volleyball. (R) **7.35** Stockton River Rat Race. **8 00** Channel 4 Presents: Ben. (R) **6.00** Will & Grace. (R) **8 20** Frasier. (R) **9 00** Frasier. (R) **9 35** Sunday Brunch. **11 55** The Big Bang Theory. (R) **12.25** The Big Bang Theory. (R) **12.50** The Big Bang Theory. (R) **1.20** The Simpsons. (R) **1.50** Thin Simpsons. (R) **2.20 Film:** Jack My Lack. (2006) **4 20** Deal or No Deal. **5 20** Channel 4 News. **5 50** 4thnight tv. **5 55 Film:** Thin Golden Compass. (2007)

**8 00 Kevin McCloud s Man Made Home.** Thin Grand Designs host architect's rebuild of luxury h- his handmade cabin, finding a unique solution for a hot tub and fashion ng a robe out of alpaca wool. Last in the series.

**9 00 Hunted.** Against the advice of her family Carrie becomes involved in an operation that could rid the world of Abu Nasir once and for all, while Rory's handler pressures him into service

**10.00 Friday Night Dinner** Grandma ntrodduces the family to her new boyfriend but the old cannnnigem quickly upsets them with his ruth behav our

**10 30 Film: Sexiest on a Plane** (2006) An FBI agent escorting a witness against a crime boss faces danger when 450 poisonous snakes are released dnring thnir flight. Thriller with Samuel L Jackson and Jonathan Phillips

**12 35** Irish Dancing Triplets. **1 00** American Football Live. **4.45** Grudgin Mnnin (R) **4 56** Deal or No Deal (R) **5 50** Crick Bakes with Eric Lanland (R)

## CHANNEL 5

**6 00** Milkshake. Peppa Pig. **8.05** Roary the Racing Car. (R) **6 15** Fin and Thin Reverbots. (R) **6 25** City of Friends. (R) **6 40** The Mr Men Show. (R) **6 50** Caslin Farm. (R) **6 55** Arthy's Flying Fairy School. (R) **7 15** Riverbank and Custard Tea. (R) **7.15** Bananas in Pyjamas. (R) **7 25** Playl (R) **7 35** Ninnily n Toyland. (R) **1 50** Bert and Ernie's Great Adventures. (R) **8 50** Little Princess. (R) **9 15** The Adventures of Bottle Top Bill and His Best Friend Corky. (R) **6 25** Angelina Ballerina. **8 40** Fifth Dridgers. (R) **8 45** Rupert Bear. (R) **6 00** Ben and Holly's Little Kingdom. (R) **6.15** Toby's Travelling Circus. **6 30** Roary the Racing Car. (R) **9.45** Jelly Jamm. (R) **10 00** Power Rangers Samurai. **10 35** Batman The Brave and the Bold. **11 10** Looney Tunes. (R) **11 22** Monkey Life. (R) **11 50** Dallas. (R) **12 45 Film:** Yonns Mnn & Dnns (2005) **2 30 Film:** Thin Next Karate Kid (1994) **4 35 Film:** A Bug's Life (1998)

**8 30 5 News Weekend.**

**8 35 Film: Bodella** (1956) A giant mutant lizard spawned from an atomic test menaces thnough the streets of New York. Hollywood remake of the Japanese monster adventure with Matthew Broderick and Jean Reno

**9 00 Film: Nicky Ashton** (2006) Premiere. Boxing drama, starring Sylvester Stallone.

**11 15 Film: Dragon: The Bruce Lee Story** (1993) Dopic of the knng in enown star starring Jason Scott Lee.

**1.30** SuperCasino. **4.00** The Phil Files. (R) **4.50** Rough Gradnite. (R) **5.10** Nana's Helpline. (R) **5 10** The Milkshake! Show. (R) **5.35** Thomas & Friends. (R) **5.45** Keary the Racing Car. (R)

## DIGITAL

**BBC Three**

**7 00** Formula 1: Korean Grand Prix Highlights **8.00** Gavin & Stacey **9 00** Snn Sex and Sexlessness Parents **10 00** American Dad! **10 45** Family Guy **11 20** Cookoo

**BBC Four**

**1 00 Film:** Fiddler on the Roof (1971) **3 50** Timeshift: Klezmer **10 50** An Evening with Andy Williams. Part 1 **11 40** An Evening with Andy Williams. Part 2

**ITV2**

**2 55 Film:** Mr Bean's Holiday (2007) **6 45** Takin Mn Ont **5 50** Take Mn Out: The Gossip **6 00 Film:** Back to the Future Part III (1990) **9 00** The Xtra Factor **11.00** The Only Way Is Essex **10.45** Griffithsnhs **11 50** Celebrity Juice

**ITV3**

**3.10 Film:** Agatha Christie's A Caribbean Mystery (1983) **5 05 Film:** Thin Railway Children (1970) **1 20** The Classic Fnd Awards 2012 **6.55** An Antiques with Victoria Wood **10 10** Lewis

**ITV4**

**3.25 Film:** Support Your Local Sheriff (1969) **5 20 Film:** Nevada Smith (1975) **9 00 Film:** The Magnificent Seven Ride (1972) **10 00 Film:** Midnight Rnn (1994) Comedy thriller starring Robert De Niro and Charles Grodin

**E4**

**3 10** Ugly Betty **4 05** New Girl **4.35** Smfnngstory **5 00** Revenge **6 00** The Big Bang Theory **8 00 Film:** Jnmjnt (2008) **9 50** Darren Brown Something Wnked this Way Comes **11.30** David Blaine: What Is Magic?

**Film4**

**4 05** Jungle Book (1942) **5 10** Angns Thongs and Perfect Snogging (2008) **7 05** Nine Months (1995) **9 00** The Ugly Truth (2009) **10.50** Notennus (2005)

## Monday

**BBC1** 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News, Weather. 11.00 Claimed and Shamed. 11.30 Cash in the Attic (R) BBC News, Weather. 12.15 Bargain Hunt. 1.00 BBC News, Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Escape to the Country (R). 3.00 BBC News; Weather; Regional News. 3.05 CBSC. 3.15 Pointless. 4.00 BBC News, Weather. 4.30 Regional News Programmes, Weather. 7.00 The One Show. 7.30 Inside Out: BBC News, Regional News. 8.00 EastEnders. 8.30 Kill or Will? America vs Trial – Panorama. 9.00 New Tricks. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Have I Got a Bit More News for You. 11.20 Glo War. 12.20 Weatherview. 12.25 Sign Zone. Wartime Farm (R). 1.25 Masters of Money. (R) 2.25 Lorraine's Fast Fresh and Easy Food. (R) 2.55 Celebrity MasterChef. (R) 3.55 BBC News

**BBC2** 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Paul Martin's Handmade Revolution. 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Hairy Bikers Mums Know Best. (R) 8.00 University Challenge. 8.30 Nigellissima. 9.00 Wonderland: Walking with Dogs. 10.00 The Great Interior Off the Buzzcuades. 10.30 Newsnight. Weather. 11.20 Dragons' Den (R) 12.20 BBC News. 4.00 BBC Learning Zone.

**ITV1** 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Vive Espana. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Paul O'Grady: For the Love of Dogs. 8.30 Coronation Street. 9.00 Monroe. 10.00 ITV News and Sport, Weather. 10.30 Regional News, Weather. 10.35 The Agenda. 11.05 Film: Passenger 57 (1992) Action thriller, with Wesley Snipes. 12.40 JackpotZ47. ITV News Headlines. 2.00 Championship League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

**Channel 4** 6.10 Channel 4 Presents – Hannah. (R) 6.15 The Hooks (R) 6.40 Tric Hooks (R) 7.05 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Stand Up to Cancer. 8.00 Stand Up to Cancer. 9.00 What's Your Emergency? 10.00 8 Out of 10 Cats. 10.50 Alan Carr: Chatty Man (R) 11.55 Random Acts. 12.00 Comedians. 12.55 The Good Wife. 2.25 Film: Running Scared (2006) Thriller starring Paul Walker. 4.25 Countdown (R) 5.10 Deal or No Deal (R)

**Channel 5** 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.05 Cutie ese Food in Minutes. (R) 12.10 5 News Lunchtime. 12.15 CSI: NY (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS (R) 3.15 Film: Safe Harbor (2009) Drama, starring Thar Williams. 5.00 5 News at 5. 5.30 Neighbours (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Celebrity Soldiers (R) 5 News Update. 8.00 Classic Car Rescue. 5 News at 9. 9.58 Film: Collateral Damage (2002) A heroic firefighter heads for Columbia to seek revenge after his wife and child are killed in a terrorist attack. Action thriller with Arnold Schwarzenegger. 11.15 Film: Blood and Bone (2009) Action thriller starring Michael Jai White. 1.05 Supercasino. 3.55 Great Artists. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R)

## Tuesday

**BBC1** 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. (R) BBC News, Weather. 11.00 Claimed and Shamed. 11.30 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News Weather Regional News. 3.05 CBSC. 3.15 Pointless. 4.00 BBC News Weather. 4.30 Regional News Programmes, Weather. 7.00 The One Show. 7.30 EastEnders. BBC News, Regional News. 8.00 Holby City. 9.00 The Paradise. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 Fireside Mercury. The Great Pretender – An Imagine Special. 11.40 Film: The Gingerbread Man (1998) Legal thriller with Kenneth Branagh. 1.30 Weatherview. 1.35 Sign Zone. Watchdog. (R) 2.35 The Town That Never Retired. (R) 3.35 Celebrity MasterChef. (R) 4.00 BBC News

**BBC2** 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under (R) 3.45 Paul Martin's Handmade Revolution. 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Hairy Bikers. Mums Know Best. (R) 8.00 The Great British Bake Off. 9.00 Ian Hislop's Still Supper Club – An Evening with Alfred Brendel. 10.00 Later Live with Jools Holland. 10.30 Newsnight. Weather. 11.20 The Choir. Sing While You Work. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

**ITV1** 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Vive Espana. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Paul O'Grady: For the Love of Dogs. 8.30 Coronation Street. 9.00 Monroe. 10.00 ITV News and Sport, Weather. 10.30 Regional News, Weather. 10.35 The Agenda. 11.05 Film: Passenger 57 (1992) Action thriller, with Wesley Snipes. 12.40 JackpotZ47. ITV News Headlines. 2.00 Championship League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

**Channel 4** 6.05 Channel 4 Presents – Hannah. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Stand Up to Cancer. 8.00 Stand Up to Cancer. 9.00 Inside the Commons. 10.00 8 Out of 10 Cats. (R) 10.45 Alan Carr: Chatty Man. (R) 11.55 Random Acts. 12.00 Comedians. 12.55 The Good Wife. (R) 2.25 Film: Running Scared (2006) Thriller starring Paul Walker. 4.25 Countdown. (R) 5.10 Deal or No Deal. (R)

**Channel 5** 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News Lunchtime. 12.15 CSI: NY (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS (R) 3.15 Film: Honeymoon for One (2011) Romantic drama. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 New Highland Emergency Zoo. 8.00 Serial Killing Saviour Born to Kill? 9.00 Return of Interest. 10.00 CSI: NY (R) 10.55 CSI: NY (R) 11.50 Crime Scene Investigators. 12.45 Forensic Files (R) 1.10 SuperCasino. 3.55 Great Artists. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS.

## Wednesday

**BBC1** 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Claimed and Shamed. 11.30 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News Weather Regional News. 3.05 CBSC. 3.15 Pointless. 4.00 BBC News Weather. 4.30 Regional News Programmes, Weather. 7.00 The One Show. BBC News, Regional News. 8.00 Watchdog. 8.40 Wea De You Think Kid. 9.00 BBC News. 10.25 Regional News Weather. 10.35 The National Lottery Wednesday Night Draws. 10.45 Not Going Out. (R) 11.19 Film: It's a Wonderful Afterlife (2010) Premiere. Supernatural comedy with Bollywood Azmi. National Lottery Update. 12.50 Weatherview. 12.55 Sign Zone. See Hear. (R) 1.25 Andrew Mae s History of the World. (R) 2.25 Hilary Devey's Women at the Top. (R) 3.25 Celebrity MasterChef. (R) 3.55 BBC News.

**BBC2** 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 Daily Politics. 1.00 Sled Hea 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Paul Martin's Handmade Revolution. 4.30 Breakaway. 5.15 Antiques Roma Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Hairy Bikers. Mums Know Best. (R) 8.00 The Great British Bake Off. 9.00 Wonderland: Walking with Dogs. 10.00 The Culture Show. 10.30 Newsnight. Weather. 11.20 Film: Gilli Modell Storyville (2011) Premiere. The supply of girls to the Japanese medelling industry. 12.35 BBC News. 4.00 BBC Learning Zone.

**ITV1** 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Vive Espana. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 DCI Banks. 10.00 ITV News at Ten. Weather. 10.30 Regional News, Weather. 10.35 Exposure. 11.35 Peregrine. Looking for Lucy. 12.30 JackpotZ47. ITV News Headlines. 3.00 Hustle. Hustlers. 3.50 Film: Columbo. Etude in Black (1972) Detective drama, starring Peter Falk and John Cassavetes. 4.40 ITV Nightscreen. 5.30 ITV Morning News.

**Channel 4** 6.00 Channel 4 Presents – Hannah. (R) 6.05 The Hooks. (R) 6.30 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Stand Up to Cancer. 8.00 Stand Up to Cancer. 9.00 The Food Hospital. 9.00 Grand Designs. 10.00 Shameless. 11.05 Random Acts. 11.10 2 Broke Girls. 11.40 Don't Get Me Started. 12.05 Music on 4. Mercury Prize 2012 Albums of the Year Live. 12.56 Music on 4 Spotlight. Indie and Rock. 1.10 Film: Fix (1999) Drama starring Adrien Brody. 3.09 Misfits. 4.00 Deal or No Deal. (R) 4.55 Countdown. (R) 5.40 Baking Mad with Eric Lanlard. (R)

**Channel 5** 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News Lunchtime. 12.15 CSI: NY (R) 1.19 Home and Away. 1.45 Neighbours. 2.19 CSI: Crime Scene Investigation. (R) 3.15 Film: Devil Winds (2003) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Celebrity Soldiers. (R) 7.55 Law & Order: Special Victims Unit. (R) 10.55 Law & Order: Special Victims Unit. (R) 11.50 Serial Killing Saviour Born to Kill? (R) 12.50 Forensic Files (R) 1.15 SuperCasino. 3.55 Great Artists. (R)

## Thursday

**BBC1** 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Claimed and Shamed. 11.30 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News, Weather. Regional News. 3.05 CBSC. 3.15 Pointless. 4.00 BBC News Weather. 4.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Waterloo Road. 9.00 Hustle. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 The Week. 12.20 Holiday. Weatherview. 12.25 Sign Zone. Kill or Will? America vs Trial – Panorama. (R) 12.55 Countryfile. (R) 1.55 Inside Mario's History of the World. (R) 2.55 Dead Good Job. (R) 3.55 Celebrity MasterChef. (R) 4.25 BBC News.

**BBC2** 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.35 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under (R) 3.45 Paul Martins Handmade Revolution. 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Hairy Bikers Mums Know Best. (R) 8.00 Wartime Farm. 9.00 The Cheer Sing While You Work. 10.00 Heirloom. 10.30 Newsnight. Weather. 11.20 Ice Pirates: Sir Ranulph Fiennes and the Lost History of Britain. (R) 12.20 The Culture Show. (R) 12.50 BBC News. 4.00 BBC Learning Zone.

**ITV1** 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Vive Espana. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Is Technology Taking Over Our Lives? Tonight. 8.00 Emmerdale. 8.30 Emmerdale at 40. 9.00 Homefront. 10.00 ITV News at Ten. Weather. 10.30 Regional News, Weather. 10.40 Cobra. A Tale of Two Islands. 11.09 Gringoffers. (R) 11.35 The Late Debate. 12.00 The Jonathan Ross Show. 1.00 JackpotZ47. ITV News Headlines. 3.00 Is Technology Taking Over Our Lives? Tonight. (R) 3.25 ITV Nightscreen. 5.35 The Jeremy Kyle Show. (R) 6.30 ITV Morning News.

**Channel 4** 6.05 Channel 4 Presents – Hannah. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Stand Up to Cancer. 8.00 Location, Location, Location. 9.00 Embarrassing Bodies Special. 10.00 My Tattoo Addiction. 11.05 Jose Mourinho: The Happy Assassin. 12.05 Music on 4. Mercury Prize 2012 Albums of the Year Live. 12.56 Music on 4 Spotlight. Indie and Rock. 1.10 Film: Fix (1999) Drama starring Adrien Brody. 3.09 Misfits. 4.00 Deal or No Deal. (R) 4.55 Countdown. (R) 5.40 Baking Mad with Eric Lanlard. (R)

**Channel 5** 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News Lunchtime. 12.15 CSI: NY (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.19 Film: Picking Up and Dropping Off (2003) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Classic Car Rescue. (R) 5 News Update. 9.00 Heroes of the Skies. 5 News at 9. 9.00 Film: Pale Rider (1985) Western, starring Clint Eastwood. 11.25 How Do They Do It? (R) 12.00 SuperCasino. 3.00 Great Artists. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

## Friday

**BBC1** 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News, Weather. 11.00 Claimed and Shamed. 11.30 Cash in the Attic. (R) BBC News, Weather. 12.15 Bargain Hunt. 1.00 BBC News, Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News Weather Regional News. 3.05 CBSC. 3.15 Pointless. 4.00 BBC News. Weather. 4.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Nigel Slater's Diet of the Day. BBC News Regional News. 8.00 EastEnders. 8.30 Miranda. (R) 9.00 Have I Got News for You. 9.30 Mr and Mrs. Jones. 10.00 BBC News. 10.25 Regional News Weather. 10.35 The Graham Norton Show. 11.20 The National Lottery Friday Night Draws. 11.30 Wreck It Lie in You? (R) 12.00 EastEnders. 1.55 Weatherview. 2.00 Sign Zone. Good Cop. (R) 3.00 Question Time. (R) 4.00 BBC News.

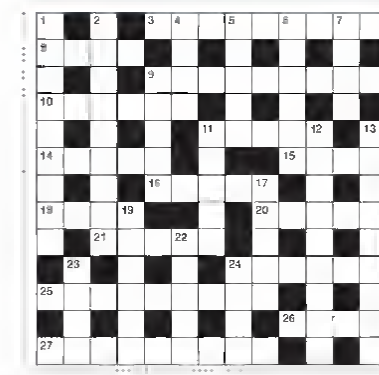
**BBC2** 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Paul Martin's Handmade Revolution. 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Many Faces of Dame Judi Dench. (R) 8.00 Masterpiece. 8.30 Gardeners World. 9.00 Queen of Tiger Mountain. Royal Model Special. 10.00 Qi. 10.30 Newsnight. 11.20 The Review Show. 11.45 Weather. 11.50 Later with Jools Holland. 12.55 Film: The Silence of Lorna. (2009) Premiere. Belgian drama, starring Arta Dobroshi. 2.38 BBC News. 4.00 Close.

**ITV1** 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Vive Espana. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Inland Hospital. 8.30 Coronation Street. 9.00 Piers Morgan's Life Stories. Felicity Kendal. 10.00 ITV News at Ten. Weather. 10.30 Regional News, Weather. 10.35 Film: Columbo. The Greenhouse Jungle (1972) Crime drama, starring Peter Falk. 4.13 ITV Nightscreen. 5.30 ITV Morning News.

**Channel 4** 6.05 Channel 4 Presents – Hannah. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Stand Up to Cancer. 8.00 Stand Up to Cancer. 9.00 Inside the Commons. 10.00 8 Out of 10 Cats. (R) 10.45 Alan Carr: Chatty Man. (R) 11.55 Random Acts. 12.00 Comedians. 12.55 The Good Wife. (R) 2.25 Film: Running Scared (2006) Thriller starring Paul Walker. 4.25 Countdown. (R) 5.10 Deal or No Deal. (R)

**Channel 5** 6.00 Milkshake! 9.15 The Wright Stuff. 11.19 Shark. (R) 12.10 5 News Lunchtime. 12.15 CSI: NY (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.19 Film: After the Fall (2006) Drama starring Andrea Bowen. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Heroes of the Skies. (R) 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. 9 News at 9. 9.00 Racing Liverpool. 10.00 Film: Rocky Balboa. (2006) The ageing fighter comes out of retirement to take on the reigning heavyweight champion. Boxing drama sequel directed by and starring Sylvester Stallone. With Burt Young. 12.00 SuperCasino. 4.00 Motorsport Mundial. 4.25 House Doctor. (R) 4.50 Michaela's Wild Challenge. (R)

## This week's crossword - Clues



**Across**

3. **Policeman (9)**
8. **Kiln (4)**
9. **Companion (9)**
10. **Gain (6)**
11. **Gather (5)**
14. **Sum (5)**
15. **Ogle (4)**
16. **Goes out (5)**
18. **Not one (4)**
20. **Informs (5)**
21. **Grumble surlily (5)**
24. **Unmarried (6)**
25. **Compel (9)**
26. **At one time (4)**
27. **Rash (9)**

**Down**

1. **Able (9)**
2. **Disgusting (9)**
4. **Eject (4)**
5. **Backless seat (6)**
6. **Creature (6)**
7. **Tardy (4)**
9. **Passage (5)**
11. **Broil (5)**
12. **Careless (9)**
13. **Thrived (9)**
17. **Tarnish (5)**
19. **Rubber (6)**
22. **Earth (6)**
23. **Shape (4)**
24. **Portent (4)**

## Last week's solution

ACROSS 1 IRAN 3 PRECIOUS 8 SITE 9 UNFASTEN 11 ACCUMULATION 13 COEVAL 14 INCOME 17 EFFERVESCENT 20 HORRIBLE 21 DAMP 22 EXTOLLED 23 MERE

DOWN 1 INSTANCE 2 ARTICLE 4 RANKLE 5 CRAFTINESS 6 OUTDO 7 SEND 10 IMMATERIAL 12 SEXTUPLE 15 OVERAWE 16 EVOLVE 18 FIRST 19 SHOE.

# Food & Drink

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## Licensing chief had nitrogen drink

A YOUNG councillor and licensing chief in a city where a teenager needed an operation to remove her stomach after consuming a cocktail containing liquid nitrogen has said that he has also tried the drink.

Gaby Scanlon, 18, began feeling breathless after having the drink in Ocean's wine bar during a night out with friends in Lancaster city centre on Thursday.

She developed severe stomach pain and was taken to Lancaster Royal Infirmary at about 11pm.

Medics diagnosed her with a perforated stomach and were forced to perform emergency surgery to remove the organ, Lancashire Police said.

It is understood that Miss Scanlon, from Heysham, was out celebrating her 18th birthday. She remains in hospital in a serious but stable condition, the force said.

Paul Aitchison, chairman of Lancaster City Council's Licensing Act Committee, said that he was at the same bar a few months ago and tried the Nitro Jagermeister drink.

Police say they are investigating the incident. A number of witnesses at the wine bar are being interviewed by police and the premises has stopped selling drinks containing the chemical.

## Global food prices jump 1.4% in September

GLOBAL FOOD prices rose by 1.4 percent in September after holding steady for two months as cereals, meat and dairy prices climbed, the UN Food and Agriculture Organization said Thursday.

The agency's monthly measure of changes in a basket of food commodities, edged up three points to 216 points in September.

"Following two months of stability, the Index rose slightly, mostly on strengthening dairy and meat prices and more sustained increases for cereals," a FAO statement said.

Prices of sugar and oils fell, it added.

The overall index remains far off the record 238 points reached in February 2011, and is four percent lower than in September 2011.

The cereals sub-index also rose, by one percent or three points from August to 263 points in September, as gains in wheat and rice offset a decline in maize.

While gains in maize, or corn, prices had been behind most of the increases in recent months, the FAO said tightening wheat supplies were also becoming a concern.

The FAO said the Cereal Price Index is seven percent higher than in the corresponding period last year but still four percent below the peak of 274 points registered in April 2008.

The meat price index rose 2.1 percent, with pork and chicken prices seeing the biggest gains.

The dairy index jumped by seven percent from August, registering its sharpest monthly gain since January 2011, said the FAO.

The FAO said its latest forecasts confirm a decline in global cereal production this year from the record registered in 2011.

"At the currently forecast level, world cereal production in 2012 would be 2.6 percent down from the previous year's record crop but close to the second largest in 2008," said the FAO.

The overall decrease comprises a 5.2 percent reduction in wheat production and a 2.3 percent reduction for coarse grains, it added.

The FAO has already forecast for two months that grains consumption would outstrip production, with stocks being drawn down.

It expects grains stocks to fall by 28 million tonnes to 499 million tonnes at the end of seasons in 2013, despite global demand sliding as a result of high prices.

It noted that production has been affected by drought in key producing areas such as the United States, Europe and Central Asia.

However the FAO noted that record harvests are expected in what it calls Low-Income Food-Deficit Countries (LIFDCs), except for India where the harvest is expected to be stable.

Nevertheless, the higher prices are expected to drive the cereals import bills for these 65 countries up by 3.7 percent from last year's record $36.5 billion in 2012/2013, said the FAO.

## DNA sequencing to create new rice variety with greater health benefits

DNA techniques are being used to analyse genes in rice in pioneering research which aims to develop a new variety of the grain with greater health benefits.

Rice is relied upon as a sustenance food by half of the world's population.

University of Aberdeen scientists are leading the rice study which is also investigating how to reduce the amount of water required in rice production, to make the grain a more sustainable food option for the future.

Experts behind the four-year project – which is funded by a £1.2M grant from the Biotechnology and Biological Sciences Research Council (BBSRC) – say they hope their work could improve the lives of millions worldwide by putting better quality rice in the mouths of more people.

Professor Andrew Meharg, a biogeochemist at the University of Aberdeen, and one of the leads on the study which involves collaborators from Lancaster, Bangladesh, India and the Philippines, said: "We will be employing one of the most pioneering developments in plant science – genome sequencing of plants.

"In fact we will be using the very same equipment and chemistry that is used to sequence genes in the human body, to analyse genes within rice.

"Our work is focused on Bangladesh, where rice accounts for 70% of the population's calorific intake. We plan to sequence the genes of 300 varieties of rice from the country and surrounding Indian states."

The study will also test a technique developed by the International Rice Research Institute (IRRI), which aims to reduce the amount of water currently required in the process of rice production.

Dr Adam Price, from the University of Aberdeen's School of Biological Sciences, explained: "Rice is relied upon as a staple part of the majority of the world's diet, yet the process involved in growing this crop is accountable for a massive drain on the world's water resources.

"A mammoth 2500 litres amount of water is required to produce just 1kg of rice.

"We will be testing a technique developed by IRRI called alternative wetting and drying where the crop is flooded and then dried out for 10 to 15 days.

"Our focus will be to analyse the major benefits we believe to be aligned with the technique, to assess whether it provides the answer to making rice production a more sustainable option in the future."

The University of Aberdeen is collaborating on the study with the University of Lancaster, the International Rice Research Institute, Philippines, Bangladesh Agricultural University, Mymensingh, Bangladesh, University of Calcutta, India and Assam Agricultural University, India.

For more information, visit abdn.ac.uk.

## Jamie's 15-Minute Meals app

CHANNEL 4 has announced the launch of its new Jamie's 15-Minute Meals app on iOS to accompany Jamie Oliver's brand new TV series for Channel 4 this autumn. The app can deliver any of the 80 dishes featured in the Jamie's 15-Minute Meals series straight to the viewers' mobile or tablet as a downloadable meal video to keep forever – and for the first time, these meal videos will be available ahead of the TV series' on-air premiere.

The meal videos enable viewers to watch Jamie making their chosen dish whenever they want, rewind and pause as they wish, and virtually cook alongside him in their own kitchen. Each meal video can be purchased at a cost of £1.49.

Viewers can also get the ingredients lists and nutritional information from all of the 80 dishes in the series, set reminders for specific shows – and explore 36 other meals exclusive to the Jamie's 15-Minute Meals book which accompanies the series.

A scanner feature compatible with the built-in camera in many iOS devices is also available on the app and complements the Jamie's 15-Minute Meals book. Using the scanner, viewers can hold their device over a recipe image in the book to reveal the corresponding Meal Card, and access the download-to-own meal video.

Commissioning Editor Anna Cronin said: "We're excited by the app as, true to Jamie Oliver's philosophy, it encourages more people to get cooking. The app is

certain to be the perfect accompaniment to the new Jamie's 15-Minute Meals series and book. The easy-to-download meal videos bring the series to life and we hope will inspire people to take the app into their kitchen."

The app, available from the beginning of October on iPhone, iPad and iPod Touch, was created and developed by Fresh One Productions with Savvy Digital, with supporting design and coding delivered by Hedgehog Labs.

The new Jamie's 15-Minute Meals TV series begins in October on Channel 4 and the new book to accompany the series (published by Michael Joseph - an imprint of Penguin) is available from Thursday 27th September.

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## Opening Hours & Prices

### Monday - Thursday

Lunch - 12:00 noon - 2:30 pm
Adult £7.20
Child under 150cm £3.60

Dinner - 5:30 noon - 10:30 pm
Adult £13.00
Child under 150cm £6.50

### Friday - Saturday

Lunch - 12:00 noon - 4.30pm
Adult £7.20
Child under 150cm £3.60

Dinner - 5:30 noon - 11:00 pm
Adult £14.00
Child under 150cm £7.00

### Sunday & Bank Holiday Monday

All Day - 12:00 noon - 10:30 pm
Adult £12.50
Child under 150cm £6.50

To qualify for childrens tariff the child's height must be under 150cm. We judge from the children s height and NOT THE AGE

Last Entrance 30 Minutes Prior to Closing Time

### Takeaway Box Available

Monday - Saturday Lunch Lunch Box: £4.50

Monday - Saturday Dinner Dinner Box: £6.50

All Day on Sunday&Bank Holiday

# The Medicinal purpose of Lime flowers

Denise Kelly

PEOPLE are always asking me about ways in which they can relax and unwind, or what can help them drift off to sleep more easily. A friend of mine has removed caffeine from her diet for the last three months, for a variety of health reasons, but this weekend we have all been away together on her hen weekend in Bath. It was such a riot and we laughed pretty much non stop, but the first night we were there she decided to have a coffee after several glasses of wine and food late into the evening, alongside other more hard core caffeine addicts! The next day she came to breakfast looking like she had partied all night adding that she had been unable to sleep for hours after going to bed and realising that the coffee was a bad idea. So we went in hunt for something more soothing for her, just incase she had enough bubbles!

Lime flowers make a delicious relaxing tea and will put anyone at ease whenever they feel the need. The lime flower tree is also known as linden and is a deciduous tree that can grow to a height of 100 feet or more. The flowers and the herbal tea made from them have a sweet fragrance and a pleasant taste. The tea has been popular since the middle Ages to aid perspiration, but for medicinal purposes Lime flower has both tranquilizing and stimulating qualities. It is used to relieve headaches, indigestion, diarrhea and hysteria. This herb was once thought to be so effective at treating epilepsy that sitting beneath the tree could cure a person. This Herbal tea can be taken to ease insomnia, relieve tension and anxiety and to calm adults and children who are excitable or restless, and to reduce muscle tension. It is also a pleasant tasting remedy for menstrual cramps, rehr and cramping. Due to the bioflavonoids in lime flower and its relaxing qualities this herb is good for lowering high blood pressure and easing arteriosclerosis, along with treating palpitations and coronary heart disease. The other benefits that can come from taking this wonderful herbal remedy include reducing fever, especially in children, and it can help congestion of blocked nasal passages. So at the moment with all these autumn colds flying around, it's another added bonus!

Lime flower can also be very effective externally with flower infusions being added to a warm bath encouraging relaxation and easing stress. It can be used as a compress for eye infections or be added to lotion to soothe dry skin and treat brown spots.

So, is it safe? Lime flower is considered a safe herb, even for children and pregnant women. In the past there have been reports that excessive use has resulted in heart damage, but as far as I can see there are absolutely no studies that uphold this claim. There are no known drug interactions with the herb so I would consider this very safe for everyone.

**Preparation and Dosage**

Lime flower is most frequently taken as an herbal tea, although it is also available as an extract or in capsules. To make an infusion, place 3 flowers in 1 cup of hot water. It may be sweetened with honey if desired. Take 5 ounces of infusion three times per day to relieve stress, indigestion, headaches and tension. It can also be added to the bath to calm down after a stressful day. The infusion can also be used as a compress for eye infections or added to a face lotion. An infusion made from the leaves and is a good diuretic and helps the gall bladder. Tincture can be taken in doses of 2-1/2 to 5 ml at bedtime for insomnia. For high blood pressure take 2 ml three times per day.

Relax and enjoy!

**Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk**

# Mental health stigma starts to fade in the workplace

MORE THAN a quarter (28%) of UK employees believe there is less stigma associated with mental health issues in the workplace than a year ago, according to research by Aviva released ahead of World Mental Health Day.

An increase in awareness and understanding of mental health issues at work mirrors the steady increase in the numbers of UK employees claiming for psychiatric disorders on both income protection and private medical insurance policies. In 2011, conditions such as depression, stress and anxiety were the biggest causes for claim on Aviva's Income Protection Solutions cover for both individual and corporate customers, with almost a third (25%) of both men and women claiming for such conditions.

However, while employees are generally feeling less stigma in the workplace, a third (35%) still feel that mental health remains a 'taboo' subject that is seldom talked about. Over half of employees (56%) think that physical illness will always carry less stigma than mental health.

Of those who feel that stigma has decreased, around half (48%) of employees attribute this to a better understanding of mental health amongst peers and colleagues. Over a third (36%) of employees say that TV and press campaigns, such as Mind's 'Time to Change' campaign, have helped reinforce the stigma associated with mental health problems. More than a quarter (28%) believe that celebrities talking openly about their mental health has created awareness and understanding, while 23% of employees believe that the Government's mental health strategy has helped.

Claims data from Aviva shows that the average age at which employees begin an income protection claim for a mental health condition is 43 and the average time in claim for such a condition is nine years. Of the income protection claims made in 2011 for psychiatric conditions, moderate depression was most common (28%), followed by anxiety (15%) and stress (12%).

The Aviva research also reveals that employers are now much more aware of the extent to which their workforce is affected by mental health problems. Encouragingly, the number one health initiative that employers would like to implement is more support for employees with mental health issues (34%).

# Being a healthy weight could prevent 22,000 cancer cases

MORE THAN 22 000 cases of cancer – enough people to pack the O2 arena - could be prevented every year in the UK if everyone was a healthy weight, new cancer prevention research shows.

Details from World Cancer Research Fund's Continuous Update Project (CUP) - which looks at the most recent cancer prevention studies - show 15 per cent of the 123,000 weight related cancer cases in the UK could be prevented annually.

Currently, 63 per cent of the UK population is either overweight (Body Mass Index over 25) or obese (BMI over 30) - one of the highest levels in Europe.

Professor Alan Jackson, chair of the CUP panel and professor of human nutrition at the University of Southampton, said: "A significant number of cancer cases could be prevented by people maintaining a healthy body weight. Through keeping levels of body fat low, a lot of people will avoid getting cancer in the first place – forestalling the pain and anguish associated with the disease.

The CUP report published today looks specifically at pancreatic cancer, which is the fifth most common cause of cancer death in the UK with very low survival rates. Fewer than one in five patients survive the first year after diagnosis but we have found that 15 per cent of new cases could be avoided every year by keeping body weight within the healthy range."

As well as pancreatic cancer, body weight has an effect on risk for cancers of the breast, bowel, oesophagus, kidney, womb and gall bladder.

There are several ways that excess body fat can affect cancer risk. Fat releases hormones and influences other parts of the body as well. For example, fat cells release proteins (called cytokines), which cause inflammation and may encourage the growth of cancerous cells. Excess body fat also leads to increased blood levels of insulin and related hormones that encourage cells to grow and divide more quickly, promoting tumour development. Fat is also an important source of oestrogen, so can promote the growth of oestrogen-sensitive cancers like those of the breast and womb.

In examining pancreatic cancer it was calculated that, from 5,353 annual cases in the UK, 1 257 could be prevented through being a healthy weight (roughly equal to a BMI of between 18.5 and 25).

The most recent global figures from the International Agency for Research on Cancer show the UK ranks 31st in the world for incidence of pancreatic cancer with a rate of 6.1 cases per 100 000.

An independent panel of scientific experts judge the research findings as each cancer type is updated and draws conclusions to make recommendations on reducing cancer risk – ensuring WCRF's Recommendations for Cancer Prevention are based on the most current evidence.

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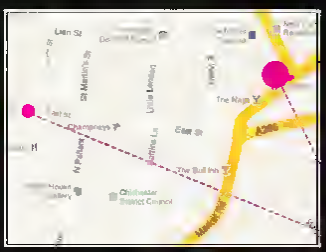


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# Fashion

GOT ANY FASHION TIPS? @chiherald

## Fresher's Ball fashionistas spend hundreds in preparation for their big night

TEENAGE GIRLS are spending hundreds of pounds preparing for their university Freshers Ball, according to research by Debenhams.

As they embark on budget student life, many young women are splashing out over £500 on evening dresses, beauty treatments and accessories to ensure they look their best on one of the most important nights of a fresher's social life.

Debenhams reported that they see a similar rise in occasion and prom dress sales, and demand for beauty treatments from May through to June each year, as teenage girls also spend hundreds on the perfect outfit for their school leaver's prom.

When questioned, 52% of girls headed to university admitted that the most important part of their Freshers Ball preparation was the dress, with some saying they'd splash up to £300 on this alone, and would trawl the internet for hours in search of the perfect dress, before visiting shops to purchase.

The survey found that 41% of mothers would be willing to pay for their daughter's dress for her Freshers Ball, with many admitting they saw this as one of the last mother-daughter shopping trips before their little girl flies the nest to embark on student life away from home.

The figure was even higher when fathers were questioned, with over half (53%) saying they'd stump up the cost for their daughters dream Fresher's Ball gown.

Michelle Dowdall, Spokesperson for Debenhams commented: "The Freshers Ball is such a huge deal for girls starting a new and exciting adult life away from their parents. It's a time where they will be meeting new friends and want to ensure they look their best.

"As with any high-profile social event, there is also an element of competition at play, so it's vital to these girls that they have the perfect dress, with teens and their parents willing to pay big money to shine among their new classmates.

"Sales would suggest that teen girls spare no expense when it comes to leaving school and attending their Prom, as they battle for the coveted Prom Queen title. This trend obviously sticks, as girls once again don't hesitate to splash the cash in preparing for their Freshers Ball."

Debenhams has seen an average increase of 56% in enquiries and bookings for professional make-up and beauty treatments in university town stores throughout the end of September, as fresher's hells across the country loom close.

Spray tans, manicures, make-up and hair-up appointments are top of the list for girls, as they ensure they look and feel their best on the big night.

Teenage girls reported that they look to their celebrity idols for hair and make-up inspiration and don't hold back when it comes to picking up the bill. Preparation starts around three weeks before the big night with highlights, hair trials and beauty treatments being booked.

Michelle Dowdall continues, "Teenagers are investing time and money in making great first impressions, as they splurge student loans on perfecting their look for the first big event in university life.

"The weeks of preparation for just one night are obviously worth it for these teens. It's their final blow-out before they start to count pennies as students for at least three years!"

**Average cost of preparations are:**

| Treatment/Product | Average Cost (£) |
|---|---|
| Dress | £200 |
| Spray tan | £30 |
| Shoes | £45 |
| Manicure & Pedicure | £65 |
| Accessories | £40 |
| Make – up | £25 |
| Upstyle | £25 |
| Eye brow shaping | £25 |
| Highlights | £100 |
| Total average cost | £555 |

## Fisherman fashion - unlikely style icons out at sea

THEY ARE amongst the most unlikely fashion icons the world has ever seen – but fishermen have been named as the driving force behind a new trend hitting the British high streets this winter.

The popularity of existing and macho fishing television programmes such as Deadliest Catch and Extreme Fishing with Robson Green have made fishing coolegein and transformed the image of clothing traditionally associated with seafaring pursuits, says fashion store Debenhams.

Demand for duffle coats, cream cable knit jumpers, chunky woollen socks, stripy t-shirts, and rugged boots has soared over the last month with further increases expected as the cold weather continues.

Currently up on the year are chunky boots – up 81 per cent, knit shoes – up 195 per cent, thick woollen socks – up 27 per cent, duffle coats – up 25 per cent, striped t-shirts – up 25 per cent, thermal underwear – up 67 per cent and heavy knits – up 55 per cent.

Inspired by the likes of One Direction, David Beckham, David Cameron and Noel Gallagher, it seems British men are falling hook, line and sinker for the look.

Says Lizzie Singleton, spokesperson for Debenhams, "No longer just the hobby of a solitary riverbank dweller these TV shows have made fisherman fashion, the humble duffle coat, waterproof trousers and obligatory chunky socks and thermals the must have look for autumn/winter 2012.

"Even Trawlermen, documenting the tough times of the Peterhead and

Fraserburgh fishing fleets and arguably the most unlikely fashion icons, has shown the average British landlubber the masculine appeal of a hardy seaman."

Influenced by designers such as Alexander McQueen, Burberry and Paul Smith parading the angling look on the autumn winter 2012 catwalks, the on trend way to wear fisherman fashion is in bold colours, with large pockets on duffles, teamed with boots and a beanie hat.

Debenhams has also seen the look start to translate into womenswear with bright duffle coats, cable knit jumpers and chunky cardigans worn by the likes of Alexa Chung leading the way.

## Salma Hayek slams fashion industry for producing 'Little Boy' clothes

CURVACEOUS star Salma Hayek has slammed the fashion industry, revealing that she thinks there is too much pressure to "fight our genetics" for "little boy" fashion.

Salma isn't a huge fan of the androgynous look and its no wonder why with her enviable hourglass figure.

The 46 year-old Hollywood actress, who is happily married to billionaire Francois-Henri Pinault, is renowned for her voluptuous Latino curves and managed to fill out every dress she wears in the sexiest manner.

But the star has recently said the fashion world is promoting an unhealthy body ideal as well as confirming to what she reckons children should be dressed in.

"In recent years, we have had to fight against our genetic nature to look like little boys, to be socially accepted as beautiful," she explained.

"It used to be that a young girl couldn't wait to grow up and take the shape of a woman. Now our goal is regression, to look younger and like a child. There has not been enough diversity of boy shape in fashion."

Salma stands up for naturally curvaceous women who can sometimes feel they aren't "fashionable" for being a real woman, and with that, the actress also makes it clear that she doesn't deny her best body anything when it comes to grub.

She believes that her varied diet is the key to her youthful looks, and we totally agree – we even reported earlier this week how she made Kate Moss look old at Paris Fashion Week when she sat next to the 38-year-old supermodel on the FROW.

"I am on the limit of chubbiness because I love my food and my wine," she told Harper's Bazaar.

"It's not the best for fashion, but it's good for my mood. I am happy because I eat. I am 46, I will not have Botox. You know why? I don't need to do it? Because I eat! I eat the fat, I eat the vegetables, I eat everything."

"If you exercise too much and you don't eat enough, it takes its toll on the skin. Everything starts ageing. If you don't eat carbs, you slow your metabolism down," she wisely continued.

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# Beautiful autumn colour

## Discover Jo Golesworthy's top shrubs to look out for this autumn

AS THE LEAVES on the trees start decent into winter there are still some fabulous shrubs to fill your garden with colour. I love seeing what's left to come before the end of the growing season in the garden. I still get shocked by plants in my garden that I've simply forgotten about. They tend to be those that need little care or maintenance, but keep coming back time and time again. There are flowers, berries and leaves in all different shapes sizes and colour greeting our beds

> "Nothing says autumn better that this flaming bright firey display of Euonymus europaeus 'Red Cascade'"

My favourite example of this is Abelia x grandiflora. You can see it nestled into many shrub borders and its current display of pink, sweet smelling flowers combined with the purple tinged leaves really does dazzle. This plant is not too fussy about where it can be planted and is common place in Sussex gardens. Like all of us, it does like the sunshine so a south of east facing garden is best.

Viburnum opulus is another fantastic autumn plant although it does give a lot of interest throughout the year with beautiful white flower heads in late spring. The key autumn characteristic for this plant is the stunning red berries and the russet red leaves that last for a good few weeks. Again, this is a hardy plant and loves a shrub bed or forest garden. It's wonderful for wildlife.

With fragrant leaves and flowers Skimmia japonica 'Nymans' also offers a beautiful display of bright red berries through to Christmas. It's got that winter feel about it but the fantastic green all year-round foliage gives a display of colour where other parts of the garden may be lacking.

For the best bit of red available you'd be wise to consider the spindle, Euonymus europaeus 'Red Cascade'. Nothing says autumn better that this flaming bright firey display. As the season moves on these leaves change from bright red, to a deep russet

before falling. Relatively easy to grow they never disappoint.

For more information contact Jo Golesworthy, Horticulturalist,

Writer and Designer etjgolesworthy@hotmail.com or at 07757 276794. Follow Jo on her regular blog at www.theradiantgardener.wordpress.com

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1500hrs Matinee Performance with seats in the Stalls.

There is a Jersey Boys only option available for this day without lunch at a price of £53 per person.

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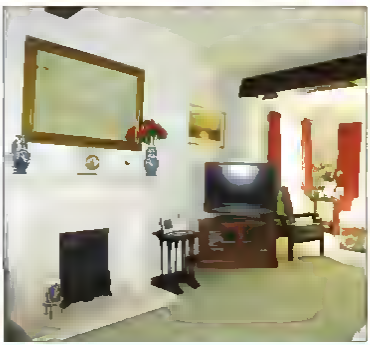

# Housing market set to receive a boost by the end of 2012

THE UK'S PROPERTY MARKET is expected to gain momentum by the end of the year, after a refusal of recent government housing initiatives acts to boost mortgage availability.

According to a survey conducted by the Royal Institution of Chartered Surveyors (RICS), chartered surveyors' expectations for future sales hit their highest level for more than two years last month.

It was found that 26% more surveyors expect sales to soar in the final quarter of the year. If you are considering investing in a property, you can compare mortgages with Money Expert.

However, some surveyors still remain cautious about the prospects for the housing market, with 9% more expecting prices to dip over the next three months.

Peter Bolton King, RICS's global residential director, argued that although surveyor optimism is high, more will still need to be done to reverse the fortunes of the housing market.

"The housing market was relatively flat during September but surveyors are optimistic that the rest-in to Christmas could see an increase in activity in many areas of the country. Prices are still dipping but at a much lower rate than seen in previous months," he said.

"Despite this, problems still exist and more needs to be done to get the market moving. Unrealistic expectations on the part of vendors seem to be stalling the transaction process."

He went on to say that although the government's Funding for Lending scheme has already begun to have a positive impact on mortgage availability, those buyers at the bottom end of the housing ladder are still struggling.

Last month, UK house prices fell by 0.4% and although 15% more surveyors reported decreases rather than increases this was the best figure since spring.

Further figures revealed that demand from buyers continued to be stable with 4% more surveyors seeing risers rather than falls in the number of new buyer enquiries.

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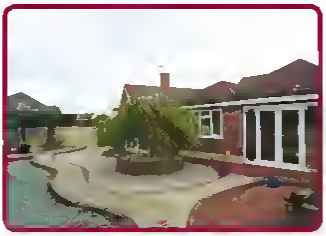
**NYETIMBER** **£275,000**

An extended and stylish semi-detached bungalow situated in a quiet cul-de-sac. The property has been made the subject of a programme of extension and remodelling for the current owner G.F.H., u.P.V.C. d/glazing, fascias & soffits, lounge/dining rm, fitted kitchen with breakfast rm, utility rm, two double bedrms, shower rm, large double length garage & delightful easily maintained hard landscaped gardens including a West facing rear.



**ALDWICK BAY ESTATE** **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge/dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

**ALDWICK** **£597,500**

A superbly presented 'New England' style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H., u.P.V.C. dble glazing, replacement wiring, plumbing & sanitary ware etc., re-floored, a triple aspect lounge, spacious kit/dining rm, utility rm, study/rm, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens to the front and rear.

**ALDWICK BAY ESTATE** **£435,000**

A well presented detached chalet house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The property has been made the subject of a programme of refurbishment in recent years. G.F.H., u.P.V.C. double glazing, fascias & soffits, spacious triple aspect 'L' shaped living room, dining room, fitted kitchen/breakfast room, shower room, conservatory, utility room/workshop, games room/bedroom, four bedrooms, good sized bathroom, garage with carport and gardens. N.B. The large games room/bedroom will take a full sized snooker table or could provide annexe accommodation if desired.

**NYETIMBER** **£425,000**

A detached family house with attached self contained annexe situated in a cul de sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bdrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living/open incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden.

**ALDWICK** **£385,000**

An extended and well presented detached family house situated in a cul-de-sac within 400 yards of local shops and approx. 3/4's of a mile from schools and the beach. G.F.H., u.P.V.C. dble glazing and fascias, cloakrm, spacious 'L' shaped lounge/dining rm, study, kitchen, 20' conservatory, four double bedrooms (master bedroom with en suite shower rm), bathroom, an integral garage and gardens.

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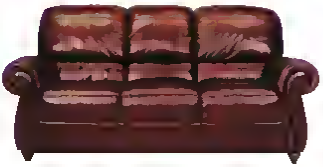

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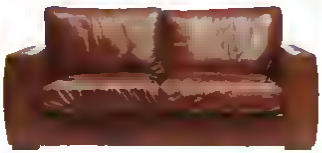

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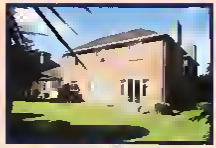

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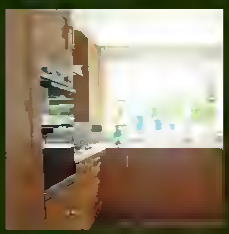

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## Nissan Leaf helps launch new nationwide electric car club

THE 100% ELECTRIC NISSAN LEAF has played a major part in the launch of a new nationwide electric car club in Welwertoe, Milton Keynes.

Three of the 100% electric five door Nissans have been purchased by E-Car Club. It will be offering Milton Keynes residents and businesses the chance to sign up to the scheme and hire a LEAF for around £5.50 per hour.

Members of the scheme are given a smart card and pin code and once they have booked a vehicle online, by phone or on their mobile they can walk to where the LEAF is parked, tap the card on a reader in the screen, unplug the charging cable and drive it away.

E-Car's mission is to increase mobility while reducing travel costs and emissions. E-Car will be launching in North Oxford with a further two Nissan LEAFs later this autumn.

There are three ways for businesses to access a LEAF through the E-Car scheme.

Pay as you Go– businesses join the club and add drivers to their account with monthly itemised billing on account holder's usage hours.

Business Account– if a company is going to hire a vehicle for a few hours per week, a business account entitles them to a 20% discount and the ability to block book vehicles in advance. Usage can be tracked online and costs are invoiced monthly.

E-Car hosting– if a hub is not available locally, businesses can provide a publicly accessible parking space for a vehicle and E-Car will take care of the rest. Businesses can replace or extend their existing fleet with zero emission vehicles with E-Car managing the fleet on their behalf.

"We welcome the launch of E-Car as it makes LEAF accessible to a number of consumers and business users who previously may not have had access to an electric vehicle," explained Barry Beerten, Nissan's fleet sales director.

"E-Car has some excellent corporate services set up which are increasingly important as companies aim to reduce their carbon footprint," he added.

Each E-Car club is set up in cooperation with local communities and low carbon groups to ensure it runs the type of vehicle that potential users require.

To find out more about E-Car Club email the team at info[at]e-carclub.org or visit the E-Car website at e-carclub.org.

## Will the PM's old Fiat be a vote winner?

A 1971 FIAT 500 L, once owned by Prime Minister David Cameron, is back on the campaign trail thanks to Silverstone Auctions.

The fully restored car has been estimated by the specialist auction house at between £8,000 to £12,000 and it will go under the hammer on 17th November at the Footmac James Classic Motor Show at the NEC.

It was bought by David Cameron in 1998 as a surprise birthday present for his wife Samantha, and the Cameron's only covered around 1,000 miles in the 10 years that they owned it.

Nick Whale, managing director, Silverstone Auctions, said: "No matter what your political persuasion, this is one cool car and we are delighted to be able to offer it for auction at our sale in November as part of the Footmac James Classic Motor Show weekend.

"After all, it's not every day that you get the chance to bid for a car that was once owned by a global figure. Our auction, which also contains other classics, modern supercars and competition cars, really does offer the chance to own a piece of automotive history."

Apart from its fascinating past, the car has plenty to offer in its own right. It is believed to have covered just 13,000 miles

from new and has been restored to standard specification by the current owner, which included stripping the entire vehicle and replacing any part that required attention.

"David Cameron has his hands full on many fronts, not least with his party conference, so I'm not sure that our auction will be at the top of his agenda, however, for one lucky new owner this stylish little Fiat will offer many years of happy motoring, whilst also being a genuine investment because of its illustrious history," added Nick.

For more information about Silverstone Auctions, its forthcoming auctions and the PM's old Fiat 500 L, visit silverstoneauctions.com.

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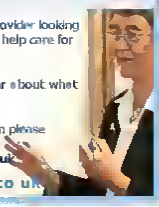

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Straight from the commentary box

# "You know The managerial merry-go-round is underway…

Johnny Cantor

SO IT'S THAT time of year, planting daffodils, spotting Christmas items in the supermarket and getting out the warm jumpers. For football fans it's time to look at the table with around a quarter of the season gone and consider what realistic expectations they can have for the next six months. Some supporters are also wondering who their next manager will be.

In the Championship Steve Keen has gone at Blackburn, Owen Coyle has been relieved of his duties at Bolton and as I write Burnley seem to be accepting that Eddie Howe is being pursued by his former club Bournemouth.

Of course for the sides relegated from the Premier League the pressure has been on from the first game in August. It's tough going, with Bolton 16th they are just 6 points off the play offs. Blackburn are 9th, one point off the top six.

The analysis of the successful clubs would certainly back up the argument for consistency with Sir Alex Ferguson and Arsene Wenger and David Moyes at the top of the list. So why do clubs dispense with their managers so swiftly especially so early in the season? Well, the January transfer window is one factor as a new man at the helm can wheel and deal to change a team's fortunes.

In my view, one thing is for certain. As long as Brighton and Hove Albion keep faith with Gus Poyet they will eventually fulfil their dream of a first ever appearance in the Premier League. For the record, (and this may change by the day!) Poyet is the 4th longest serving manager in the Championship behind Kenny Jacket at Millwall, (always punching above their financial weight), Blackpool's Ian Holloway (delivered top flight football) and Nigel Clough at Derby.

He's the 14th longest serving manager in all four Leagues and hasn't even been in the job 3 years yet. That's some record, one I'm sure he will look to enhance with promotion.

Eddie Howe a return to Bournemouth on the cards?

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Horse Racing

# Magnolia Cup raises over £190k for charity

THE SECOND staging of infamous Magnolia Cup – a celebrity Glorious Goodwood Ladies Race generously supported by Audi – has raised £200,000 for charity

Winston Wish and Spinal Research, who accomplish incredible work in their individual fields, benefit from the glamorous race Additional donations came from the profits from Goodwood's Regency Ball at which Paloma Faith performed

Making the cheque presentation on Tuesday (Oct 9) at the Art's Club London, Goodwood's managing director Adam Waterworth, said: "We are thrilled that the Magnolia Cup and Regency Ball has raised approaching half a million pounds in two years for such worthy charities – a fitting reward to the team, riders and trainers who work so hard on this project."

The winner of the 2012 Magnolia Cup was Oxfordshire based jewellery designer Philippa Holland on board Kuessan Ballet trained by Jamie Osborne. Riders included the likes of Edie Campbell and Radio One DJ Sara Cox decked out in designer jockey silks created by fashion icons Kate Moss, Sadie Frost & Pearl Lowe

Spinal Research is the UK's leading charity funding global medical research to develop reliable clinical treatments and vital resources research for paralysis caused by a broken back or neck. Every year more than 500 people in the UK and Ireland are paralysed following an injury to their spinal cord. Thanks to such pioneering research, paralysis can now be treated and Spinal Research stands on the brink of applying therapies that will restore movement and feeling, and transform the lives of paralysed people.

Winston's Wish is the leading childhood bereavement charity and the largest provider of practical support and services to bereaved children, young people and their families in the UK. It is a sad fact that every 22 minutes a child in Britain is bereaved of a parent and is one of the most fundamental losses a child will ever face. They believe that the right support at the right time can enable young people to live with their grief and rebuild positive futures

## Sussex County Football League

### DIVISION 1

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| EAST PRESTON | 13 | 10 | 3 | 0 | 38 | 11 | 27 | 33 |
| RYE UNITED | 13 | 8 | 3 | 2 | 34 | 20 | 14 | 27 |
| PEACEHAVEN & TELS. | 12 | 7 | 4 | 1 | 35 | 15 | 20 | 25 |
| HASSOCKS | 13 | 8 | 1 | 4 | 30 | 22 | 8 | 25 |
| REDHILL | 10 | 7 | 2 | 1 | 26 | 10 | 16 | 23 |
| LANCING | 13 | 7 | 1 | 5 | 31 | 19 | 12 | 22 |
| RINGMER | 11 | 7 | 1 | 3 | 20 | 15 | 5 | 22 |
| HORSHAM YMCA | 12 | 6 | 1 | 5 | 36 | 20 | 16 | 19 |
| LINGFIELD | 11 | 5 | 2 | 4 | 26 | 23 | 3 | 17 |
| ARUNDEL | 10 | 5 | 2 | 3 | 15 | 13 | 2 | 17 |
| PAGHAM | 10 | 5 | 1 | 4 | 20 | 20 | 0 | 16 |
| EAST GRINSTEAD TOWN | 13 | 4 | 2 | 7 | 24 | 27 | -3 | 14 |
| SHOREHAM | 12 | 4 | 1 | 7 | 17 | 22 | 5 | 13 |
| CROWBOROUGH ATHLETIC | 12 | 4 | 1 | 7 | 21 | 35 | -14 | 13 |
| DORKING WANDERERS | 10 | 3 | 3 | 4 | 17 | 18 | 1 | 12 |
| ST FRANCIS RANGERS | 12 | 3 | 3 | 6 | 18 | 25 | -7 | 12 |
| SELSEY | 10 | 3 | 3 | 4 | 11 | 18 | 7 | 12 |
| SIDLEY UNITED | 11 | 3 | 2 | 6 | 16 | 33 | -17 | 11 |
| HAILSHAM TOWN | 11 | 3 | 0 | 8 | 19 | 33 | -14 | 9 |
| CHICHESTER CITY | 14 | 2 | 3 | 9 | 19 | 40 | -21 | 9 |
| AFC UCKFIELD | 11 | 1 | 3 | 7 | 18 | 30 | 12 | 6 |
| WORTHING UNITED | 10 | 0 | 2 | 8 | 11 | 33 | -22 | 2 |

### DIVISION 2

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| LITTLEHAMPTON TOWN | 8 | 6 | 2 | 0 | 23 | 6 | 17 | 20 |
| NEWHAVEN | 9 | 6 | 2 | 1 | 23 | 12 | 11 | 20 |
| LITTLE COMMON | 10 | 6 | 2 | 2 | 22 | 12 | 10 | 20 |
| BROADBRIDGE HEATH | 9 | 5 | 4 | 0 | 25 | 12 | 13 | 19 |
| EASTBOURNE UNITED AFC | 9 | 5 | 2 | 2 | 27 | 14 | 13 | 17 |
| PEXHILL UNITED | 8 | 4 | 4 | 0 | 18 | 13 | 5 | 16 |
| WESTFIELD | 10 | 4 | 4 | 2 | 18 | 14 | 4 | 16 |
| MIDHURST & EASEBOURNE | 10 | 3 | 6 | 1 | 21 | 14 | 7 | 15 |
| MILE OAK | 11 | 3 | 6 | 2 | 24 | 20 | 4 | 15 |
| SEAFORD TOWN | 10 | 3 | 5 | 2 | 17 | 18 | -1 | 14 |
| SOUTHWICK | 10 | 4 | 1 | 5 | 26 | 21 | 5 | 13 |
| LOXWOOD | 11 | 3 | 4 | 4 | 19 | 18 | 1 | 13 |
| WICK | 9 | 3 | 1 | 5 | 21 | 21 | 0 | 10 |
| STORRINGTON | 11 | 2 | 2 | 7 | 14 | 32 | -18 | 8 |
| STEYNING TOWN | 9 | 1 | 2 | 6 | 18 | 27 | -9 | 5 |
| OAKWOOD | 7 | 1 | 1 | 5 | 11 | 20 | -9 | 4 |
| RUSTINGTON | 9 | 1 | 1 | 7 | 10 | 25 | 15 | 4 |
| SALTDEAN UNITED | 10 | 0 | 1 | 9 | 10 | 48 | -38 | 1 |

### DIVISION 3

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| HAYWARDS HEATH TOWN | 8 | 5 | 2 | 1 | 18 | 7 | 11 | 17 |
| BARNHAM | 8 | 5 | 1 | 2 | 25 | 13 | 12 | 16 |
| SIDLESHAM | 6 | 4 | 2 | 0 | 22 | 10 | 12 | 14 |
| BILLINGSHURST | 6 | 4 | 1 | 1 | 19 | 11 | 8 | 13 |
| UCKFIELD TOWN | 7 | 3 | 2 | 2 | 12 | 12 | 0 | 11 |
| CLYMPING | 7 | 3 | 2 | 2 | 9 | 11 | -2 | 11 |
| IFIELD | 7 | 2 | 2 | 3 | 14 | 14 | 0 | 8 |
| ROFFEY | 6 | 2 | 1 | 3 | 12 | 18 | -6 | 7 |
| FERRING | 5 | 1 | 2 | 2 | 10 | 16 | -6 | 5 |
| HURSTPIERPOINT | 5 | 1 | 0 | 4 | 6 | 10 | -4 | 3 |
| ROTTINGDEAN VILLAGE | 7 | 1 | 0 | 6 | 7 | 23 | 16 | 3 |
| TD SHIPLEY | 6 | 0 | 1 | 5 | 3 | 18 | 15 | 1 |

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